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MAYOR DOES SERIES OF INTERVIEWS IN BID FOR SECOND CHANCE PAGE 8

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Then try Earth to Echo, a film about another homesick alien. Use Metro AR for a trailer PAGE 22

Good offence not the best defence for Ontario Tories

Interim leader says attacking hurt them in election PAGE 6

Fight frizz with some pretty plaits

Braids are an easy way to stay cool and look pulled together when the mercury rises ever higher PAGE 26

NEWS WORTH SHARING.

NO SHIRT, NO NONSENSE

If you don't recognize this man, it might be because he's wearing a shirt. Joe Killoran is a 35-year-old Toronto teacher, but on the Internet he's become known as the "Shirtless Jogger" after running into Rob Ford and asking tough questions the mayor refused to answer. (He also looks pretty buff without his top.) See the video and read his thoughts on the encounter on page 3. CARLOS OSORIO/TORSTAR NEWS SERVICE

Canada's tennis terrors push for ever more glory

Making history at Wimbledon. Raonic, Bouchard do what no Canadians have done

When Canadians Eugenie Bouchard and Milos Raonic step on the court in the Grand Slam semifinal at Wimbledon, it'll mark our country's most significant achievement yet in tennis.

No two Canadians have ever advanced this far at one major.

"I'm sure that the outbreak and the response back home is of much more magnitude than anything else that's happened or that's resonated," Raonic said Wednesday after defeating Australian wild card Nick Kyrgios 6-7 (4), 6-2, 6-4, 7-6 (4) to advance to his first career Grand Slam semifinal.

"I think not only (Bouchard) in the last two Slams, but us doing it at the same time here is bigger than anything we've done in Davis Cup, anything we've done at Fed Cup. It has a bigger audience, a bigger meaning, a bigger recognition."

Bouchard advanced to her third straight major semifinal by defeating Germany's Angelique Kerber 6-3, 6-4. The result is expected to move her into eighth on the WTA rankings list Monday, equalling the Canadian-best ranking held by Carling Bassett-Seguso.

"I'm excited to be in the semis. But, of course, I'm never satisfied, so I definitely want to go a step further, or as far as I can."

THE CANADIAN PRESS

MORE COVERAGE, PAGE 36

Milos Raonic — Eugenie Bouchard

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The man with no shirt

'Shirtless Jogger' rant. Teacher stands firm on opinions of mayor as Doug Ford strikes back

Joe Killoran felt some trepidation immediately after blasting Rob Ford on Canada Day — and that was even before their videotaped encounter turned into a viral sensation.

"I was a little unsure if it was a wise thing to do or not," the 35-year-old high school teacher said Wednesday.

But Killoran is okay with his public venting, even if it has earned him the wrath of Coun. Doug Ford, the mayor's brother and campaign manager, and knowing Google will preserve forever the saucy "shirtless jogger" sobriquet.

"I'm glad that my questions got heard," he said Wednesday.

"No other politician has so disrespected the people of Toronto continuously, and I want that to stop."

Killoran was out for a Canada Day jog — minus his shirt on the muggy afternoon — and was shocked to find the mayor and his entourage marching in the parade near his house in the city's east end.

A day earlier, he watched in disbelief as the mayor held his post-rehab news conference, where he apologized for his alcohol and drug-fuelled binges and behaviour.

Killoran was stunned when Ford turned around without answering any questions, triggering his spontaneous July 1 outburst.

"Answer the questions," he yelled at Ford. "People have a million questions about your lying, your corruption. You're a corrupt, lying, racist homophobe."

Killoran was particularly incensed because Ford was using the parade for electioneering — though John Tory, Olivia Chow and other politicians were also on the stump.

At the time, the only response he got from the Fords was their trademark "frozen grins."

Since then, Doug Ford has let loose, calling Killoran a lunatic and a "bad apple" who needs anger management training, a teacher he wouldn't let near his dog and a racist. When the elder Ford failed to provide any example of the alleged racist comment, the councillor suggested "you can be racist against people that have a drinking problem."

"The whole thing is absurd," says Killoran. He spent Wednesday teaching English at summer school.

"I understand he has a drinking problem and I wish him well with that. That's not what makes him a bad mayor.... Sober he's a terrible mayor."

He laughs heartily about needing anger management.

"I didn't swear, I didn't threaten, I didn't yell out racist slurs or say anything misogynistic or disgustingly racist or homophobic. I was a citizen who was ... justifiably angry with him." TORSTAR NEWS SERVICE

Joe Killoran, also known as the "Shirtless Jogger." CARLOS OSORIO/TORSTAR NEWS SERVICE

AUGMENTED REALITY

→ Scan the photo with your Metro News app to see video of the Shirtless Jogger yelling at Rob Ford while out for a run.

→ See full instructions on Metro's Voices page.

metro AR

Speed limit drop could save lives, stats show

If you're hit by a car going 45 km/h it's a coin flip whether you live or die.

According to the World Health Organization, almost 50 per cent of pedestrians are killed at that speed. At 80 km/h, the chance of survival is close to nil.

But at 30 km/h or below, more than 90 per cent of those struck make it out alive. It's one of many reasons cities like Paris have implemented, or are pushing for, citywide 30 km/h speed limits with few deviations.

Why we don't see changes

"It is mainly the lack of courage (and) fear of the political opponent."

European mobility expert Karl-Heinz Ponz

Not only does a 30 km/h default make roads safer, advocates say it reduces congestion and energy costs, is environmentally friendly and even strengthens community.

So should Toronto flip the script and make 30 km/h the rule and 50 km/h the exception?

"You want to know about the benefits? Get comfortable," said Eric Britton, founding editor of World Streets and managing director of policy advisory network EcoPlan International.

Speaking by phone from his office in France, Britton's enthusiasm for Paris's recent 30 km/h policy announcement easily carried across the pond.

"If you have different speed limits posted around the city people will ignore them. Not because they're bad people, but because they don't know, and every time they take their eyes off the road to check signs they increase their likelihood of making a mistake," he said.

It's not an idea totally foreign to Toronto, although it has already met with resistance. In 2012 Dr. David McKeown, the city's medical officer for health, proposed city-wide speed limits of 30 km/h on residential streets and 40 km/h everywhere else.

Mayor Rob Ford quickly dismissed the idea as "nuts, nuts, nuts," and eventually took aim at McKeown, calling the official's $290,000 salary "embarrassing." TORSTAR NEWS SERVICE

Tourist speaks after alleged rape

Emily. Canadian woman's accusation of gang rape by French police made headlines

It was supposed to be a relaxing getaway. She had always wanted to visit France, and Paris in the spring had an idyllic ring to it.

So Emily, a 34-year-old Toronto woman, decided to take a French vacation with a longtime friend, hopping a plane in late April for a week-long stay.

Within just a few days, she was embroiled in an international scandal that sent ripples throughout France: The alleged rape of a Canadian tourist — the daughter of a Toronto police officer — by policemen inside the force's storied Paris headquarters.

Speaking publicly for the first time, the Toronto woman told the Torstar News Service she wants to use her story to encourage other women to report rape.

"That is one of my biggest messages, is that it's not our fault, it doesn't matter what you wear, how you dress," said Emily, who has asked to be identified by her first name only while legal proceedings against her alleged attackers are ongoing.

Quoted

"Sometimes you're overcome with emotions, and then other times you don't even feel the change, you're just crying and you don't know why."

Emily, who is trying to move on with her life after allegedly being raped by French police

"The minute you say no, it means no."

In April, French prosecutors launched a gang-rape investigation involving two police officers, following Emily's claim she had been sexually assaulted inside police headquarters, a building known as 36 quai des Orfèvres.

The investigation is also probing whether the two officers tampered with the crime scene. A third officer is considered a witness who might have participated.

None of the allegations have been proven in court. French officials and a lawyer for one of the accused did not respond to requests for comment.

Emily has declined to discuss any events of what she calls the worst night of her life, in advance of legal proceedings. A judicial hearing — part of France's legal process that will determine whether charges will be laid against the officers — is scheduled for the fall. She will have to return to Paris to testify.

A source told the Torstar News Service in April that officers had been buying Emily beer and scotch at a bar, then brought her back to headquarters where they provided her with more alcohol then allegedly raped her in two offices.

TORSTAR NEWS SERVICE

Air. Porter ordered to pay cash to passengers bumped from flights

Porter Airlines has been ordered by regulators to pay cash compensation to passengers bumped from its domestic flights, joining the country's two latest airlines, which already offer such compensation.

The Canadian Transportation Agency has given the carrier, which operates turboprops primarily from its hub at Toronto City Centre Airport, until July 8 to detail the actual compensation.

Porter currently doesn't have a compensation policy for passengers bumped due to overbooking from flights within Canada, but has provided a $500 voucher for future travel as a "goodwill gesture."

Responding to a complaint from passenger-rights activist Gabor Lukacs, the agency found Porter's current policy was "unreasonable."

Passengers are bumped from flights when airlines sell tickets to more people than they can transport, essentially "gambling with the passengers' time," the Halifax mathematician said in an interview.

"Yes, it's something that airlines can do to you, but they have to pay, there's a price attached to it."

While Porter's planes generally fly less full than its larger rivals, some early morning or late-evening flights can be full, especially to and from its hub in Toronto.

Lukacs, who has successfully challenged the practices of various airlines, said he's happy for passengers but wishes the federal government took a more active role in protecting consumer rights.

"I think it's embarrassing for the government that a citizen has to do this on a case-by-case basis," he said, noting that compensation for denied boarding is an ongoing issue that's acted on in may jurisdictions, including the U.S., Europe, India, Israel and Turkey.

THE CANADIAN PRESS

A Porter Airlines flight is directed by ground crew at the Toronto Island Airport. TARA WALTON/TORSTAR NEWS SERVICE

Propane explosion

Blast puts food-truck safety in focus

In the wake of a nearly fatal food-truck explosion in the United States, authorities in Toronto are assuring the public that street-food trucks are subject to strict safety standards.

A mother and daughter in Philadelphia suffered severe burns Tuesday when the propane tanks on their truck exploded in a fireball.

Police say a "significant" propane-tank leak created a vapour cloud that was ignited by cooking grills.

Officials in Toronto say there are 206 food trucks in the city and almost all of them use propane.

They say Toronto bylaws stipulate an operator with a propane heater must have an approved certificate to get a licence for the vehicle.

The certificate has to state the vehicle meets requirements for propane storage, handling and utilization. THE CANADIAN PRESS

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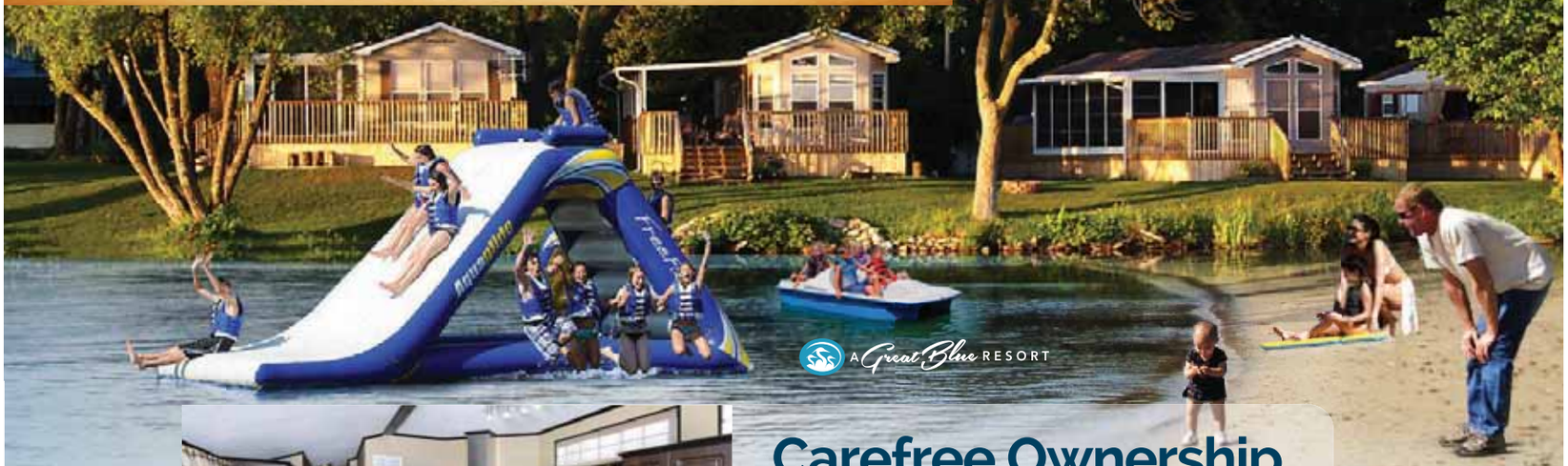

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Retirement security, quality of life high on Liberal agenda

Building Ontario Up. Lt.-Gov. David Onley to deliver throne speech Thursday afternoon

The governing Liberals will lay out a plan Thursday that won't just set their agenda for the next four years, but the next decade and beyond, Finance Minister Charles Sousa said Wednesday.

The throne speech opening the new legislative session will focus on retirement security and the quality of life the government wants people to have, he said.

They want to team up with other provinces on such issues as creating a provincial pension plan to supplement the Canada Pension Plan, which the federal Conservatives have refused to enhance, he said.

"Those kinds of initiatives show nation-building, it's also about leadership, but it's also recognizing that Ontario's place in the federation is critical," Sousa said.

"And we want the federal government to respect that too in terms of investing in those strategic programs and opportunities that exist in the province for everyone's benefit."

The speech, entitled Building Ontario Up, will outline the Liberals' plan to grow the economy, including job training programs and continuing a 30 per cent discount on tuition for some post-secondary students. To promote Ontario overseas, Premier Kathleen Wynne is planning to make a week-long trade trip to China this fall, the Liberals said.

The speech, to be read by Lt.-Gov. David Onley, will be the first glimpse at the Liberals' agenda after winning a majority of seats in the legislature. But it will sound very familiar.

Most of their priorities were laid out in the budget that triggered the June 12 election, which the Liberals plan to introduce again.

It includes doling out $29 billion over 10 years to build public transit and other transportation infrastructure and another $2.5 billion in corporate grants to bring and keep businesses in Ontario.

Government house leader Yasir Naqvi said the Liberals will work with the opposition parties, even though they no longer need their help to pass legislation.

The Liberals have also promised to eliminate Ontario's $12.5-billion deficit in three years, which will require them to put the brakes on government spending.

The speech will reiterate their commitment to being "fiscally responsible" and their "unwavering commitment" to balance the books in 2017-18, they said.

THE CANADIAN PRESS

Former astronaut Chris Hadfield performs O Canada following the swearing-in ceremony for Premier Kathleen Wynne and other newly elected Ontario MPPs at Queen's Park on Wednesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

PC leader says party must call off attack dogs

Interim Tory leader Jim Wilson. RICHARD BRENNAN/TORSTAR NEWS SERVICE

Ontario's Progressive Conservatives need to back off attack mode if they hope to form government again, new interim leader Jim Wilson said Wednesday.

Wilson, who held the health and energy portfolios in the cabinet of former premier Mike Harris, was elected interim leader by the reduced PC caucus, replacing Tim Hudak who led the party to defeat in the last two elections.

Hudak's pledge during the campaign for the June 12 election to cut 100,000 public sector jobs was a key reason the Tories lost nine seats, Wilson told reporters.

"We have to go back to earning the trust of the people of Ontario, and let's not be attacking people," he said.

"We've been attacking people for a decade. In my heart, and in my caucus colleague's hearts, we're not that type of people. We like everybody."

The PC caucus members say Hudak is not solely to blame for the election loss, but agree the job cuts promise to help eliminate a $12.5 billion deficit in two years was announced without proper consultation, said Wilson.

Hudak supporters say caucus members were told before the election that public sector job cuts would be part of the party's platform, but Wilson said Tory candidates had no idea the leader was planning such a controversial announcement.

"I think clearly we shot ourselves in the foot in the last election, and we've got to stop doing that."

Ottawa-area MPP Lisa MacLeod, who is considering a leadership bid, agreed the Conservatives need to change a tactic that has not proven a hit with voters.

"Our tone is undeniably something that came up during the campaign, and I think that has caused a lot of reflection internally within our party and our caucus, and I think that we're looking for fresh leadership and a fresh caucus has felt badly disenfranchised," said Wilson.

THE CANADIAN PRESS

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Putting the focus on Ford

Toronto's Mayor Rob Ford returned to city hall this week after two months in rehab, pleading for a second chance. He sat down Wednesday with a handful of television networks for one-on-one interviews.

THE CANADIAN PRESS

Toronto Mayor Rob Ford in an executive committee meeting Wednesday. CHRIS SO/TORSTAR NEWS SERVICE

ON DOING DRUGS

The stress of running Canada's largest city is not what drove Rob Ford to substance abuse, he said Wednesday. Ford told CBC he has been under the influence of alcohol while at city hall as mayor, but never used drugs there.

He was adamant that his professional life is not what prompted his substance abuse, saying he was born with a disease and he will die with it.

"I think people don't understand the triggers and cravings," Ford said. "Some people blame it on their job. This is a disease that was not this job."

ON HIS FITNESS FOR HOLDING OFFICE

Ford said he drank and did drugs "for years" before he was elected mayor. The drugs he used ran the gamut, he said, telling TV station CP24 that he had done mushrooms, marijuana and "everything you can think of," but not heroin.

When asked if someone with uncontrolled cravings is fit for the office of mayor, Ford insisted the job is not one of his triggers.

Ford would not commit to resigning if he relapses, saying only that he is taking it one day at a time.

"I did not drink yesterday and I haven't drank today," he said.

ON THE POLICE INVESTIGATION

Ford has vowed to no longer associate "with the criminal element that's before the courts," but said on the advice of his lawyer he still will not consent to an interview with the police. Toronto police spokesman Mark Pugash said Wednesday the criminal investigation into the mayor is ongoing.

The embattled mayor also admitted he was smoking crack cocaine just days before he left for rehab, confirming that was the substance in a pipe he was seen holding in a video image obtained by the Globe and Mail.

ON MAKING RACIST, HOMOPHOBIC SLURS

Ford also said the disease makes people say and do things they otherwise wouldn't do and he offered a blanket apology for using ethnic slurs and making reportedly homophobic remarks.

"Everything I said while I was using — I offended a lot of people and all I can do is apologize and say sorry," Ford told CP24 when asked if he would apologize to Toronto's "diverse community."

"I cannot change the past and I think that covers everyone that you just mentioned."

War crimes. Secret memo suggests U.S. had no basis to charge Omar Khadr

A previously secret memo on CIA involvement in drone killings is casting new doubt on whether the American government had any legal basis to prosecute Canada's Omar Khadr for war crimes.

Khadr's lawyers argue in new filings to the U.S. Court of Military Commission Review, the document by the Department of Justice emphatically rejects any such legal foundation, and say his convictions at Guantanamo Bay should be set aside immediately.

The memo, produced in July 2010, came to light only last month after a court ordered it disclosed in a freedom of information case. Specifically, the U.S. Department of Defence wanted to know whether CIA agents who operated drones — but who are not part of the military and do not wear uniforms — could be considered "unprivileged belligerents" and therefore be guilty potentially of war crimes.

In a detailed opinion several months before Khadr pleaded guilty before a widely maligned military commission, the office of legal counsel in the Department of Justice concluded war criminality turns on a person's actions, not on factors such as whether the person is part of an army or wears a uniform.

Omar Khadr appears in an Edmonton courtroom in 2013 in an artist's sketch. AMANDA MCROBERTS/THE CANADIAN PRESS

"That completely blows away one of the major prongs of the government's theory in all these Guantanamo cases," Sam Morison, Khadr's Pentagon-based lawyer, said in an interview Wednesday.

In Khadr's case, the Pentagon maintained that as an unprivileged belligerent, Khadr had violated the "U.S. common law of war" in taking up hostilities against American forces.

However, the legal analysis in the CIA case makes no mention of any such body of law.

"The whole purpose … was to evaluate whether the CIA agents were violating the law," Morison said. "The only reasonable interpretation of that analysis is that there is no such thing (as common law of war)."

THE CANADIAN PRESS

Prairies flood victims trying to keep calm and carry on

Murray Blakwill carries a cooler of food he recovered from his parents' flooded home in Springside, Sask., Wednesday. Nearly 90 communities in Saskatchewan and Manitoba have declared emergencies because of flooding and more than 500 people have been forced to leave their homes. LIAM RICHARDS/THE CANADIAN PRESS

Miami nice. Canadian government looking to unload Florida mansion

The federal government is putting a multimillion-dollar Miami mansion back on the market five years after buying it for $1.9 million.

The Department of Foreign Affairs is looking for a Miami real estate agent to sell the opulent property, which has served as the Canadian government's official residence since 2009.

An unofficial estimate on real estate website Zillow.com puts the value of the 7,466-square-foot property at almost $5.5 million.

The sale comes as the department looks to scale back on its international properties to generate $80 million in revenues over the coming years — an initiative announced as part of Ottawa's 2012 budget.

"Under the strategy, high cost, oversized and/or poorly located housing is being replaced by more appropriately sized and located properties," departmental spokesman John Babcock wrote in an email to Torstar. "In various cities across the U.S.A., Canada will replace up to 12 properties that are larger than we currently require. One of these is Miami."

The Zillow listing notes that "no expense was spared" in the construction of the Spanish-style mansion, which features high ceilings for natural light, staff quarters, and a saltwater heated pool surrounded by "lush landscaping."

TORSTAR NEWS SERVICE

The Canadian federal government is selling this property it owns in Miami. CONTRIBUTED

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In pictures

1 India. Anniversary for gay rights
A gay rights activist on Wednesday celebrates the fifth anniversary of an Indian court's ruling decriminalizing homosexuality in India. THE ASSOCIATED PRESS

2 Egypt. Jailed journo feels hopeless
The family of Mohamed Fahmy, an Egyptian-Canadian journalist convicted on terrorism-related charges, says he doesn't want to put much hope into efforts to free him just yet. THE ASSOCIATED PRESS

3 Italy. Protesting Syrian weapons
Women wear hospital masks as they stage a symbolic protest against the arrival of ships carrying Syrian chemical weapons, in Gioia Tauro, southern Italy, Wednesday. THE ASSOCIATED PRESS

4 California. 3-2-1 ...
A Delta 2 rocket with the Orbiting Carbon Observatory-2 satellite launches at Vandenberg Air Force Base, Calif., Wednesday. THE ASSOCIATED PRESS

5 Russia. Low and dry
An employee of Russian Space Training Center dries the space suits of Russian, American and Japanese astronauts after a simulated water landing near Moscow, Wednesday. THE ASSOCIATED PRESS

Midnight ride

Ex-president faces charges in French corruption probe

Former French president Nicolas Sarkozy's car wheeled out of the court parking lot in the dead of night Wednesday after he was charged in a corruption probe.

The former conservative party leader is accused of tapping political allies to gain intelligence on a flurry of probes linked to campaign finance. He has vigorously denied wrongdoing and planned to address the latest allegations on television Wednesday. THE ASSOCIATED PRESS

Former French president Nicolas Sarkozy THE ASSOCIATED PRESS

Hong Kong arrests

511

In a rare scene of disorder, Hong Kong authorities cleared out hundreds of protesters who blocked part of the city's financial district early Wednesday, a high-profile reflection of rising anxiety over Beijing's tightening grip on the little enclave of incomplete democracy at the southeastern edge of Communist China. Police arrested 511 people who staged an unauthorized overnight sit-in on an avenue running through the heart of the city after a rally the day before in which tens of thousands of demonstrators marched in the streets to push for the right to elect their leader free of limits Beijing wants to impose.

83 years late

Long, looong-lost letter delivered

A letter written by a Maine school teacher in 1931 to her mother 150 miles away has finally been delivered — 83 years later.

Miriam McMichael, then 23, sent the nine-page letter from Houlton to Dollena McMichael in Pittsfield. Both women have since died. Michelle Rowell, a postal worker at the Pittsfield post office, found the letter and said she knew it was old because of the two-cent stamp. THE ASSOCIATED PRESS

Note to American customers: Target is not a shooting range

'Open carry.' Retailer asking shoppers to not bring firearms into its stores, even where allowed by law

Target is "respectfully" asking its customers not to bring firearms into its stores, even where it is allowed by law.

In a statement posted Wednesday on the retailer's corporate blog, interim CEO John Mulligan said that Target wants a "safe and inviting" atmosphere for its shoppers and employees.

"This is a complicated issue, but it boils down to a simple belief: Bringing firearms to Target creates an environment that is at odds with the family-friendly shopping and work experience we strive to create," he said.

In many states, carrying unconcealed guns in public is legal.

Molly Snyder, a Target spokeswoman, said that Target's move is a "request and not a prohibition."

"We don't have any plans for proactive communication to guests beyond what Target leadership shared today," she added.

Target does not sell guns in its stores or on its website.

Target Corp. made the announcement as it faced pressure about its policy on the "open carry" of firearms in its stores. A group called Moms Demand Action for Gun Sense in America gathered nearly 400,000 signatures for a petition asking Target to prohibit shoppers from carrying guns into its stores.

The group has said it is responsible for getting several chains, including Chipotle, Starbucks and Jack in the Box, to make similar moves. It introduced the campaign after gun rights groups carrying loaded rifles frequently gathered in Target stores including Texas, Alabama and North Carolina to demonstrate in support of "open carry" laws.

"Such positive safety changes made by some of our country's leading retailers are proof of the influence of women and mothers," said Shannon Watts, founder of Moms Demand Action for Gun Sense in America. "As we look toward election season, we hope our legislators are taking notice that when women and mothers collectively raise our voices — and soon cast our votes — we are determined to leave an impact." THE ASSOCIATED PRESS

In this 2013 file photo, shoppers arrive at a Target store in Los Angeles, Calif. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Quoted

"This is a complicated issue, but it boils down to a simple belief: Bringing firearms to Target creates an environment that is at odds with the family-friendly shopping and work experience we strive to create."
Interim Target CEO John Mulligan

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Israeli settlers accused of murdering an Arab teen

Reprisal? Palestinian President Abbas said it's clear extremist Jews murdered the teen and he called on Israel for justice

The Palestinians accused Israeli extremists of abducting and killing an Arab teenager and burning his body Wednesday, sparking hours of clashes in east Jerusalem and drawing charges that the youth was murdered to avenge the killings of three kidnapped Israeli teens.

Seeking to calm the explosive situation, Israeli Prime Minister Benjamin Netanyahu urged a swift inquiry into the "reprehensible murder" and called on people to respect the rule of law. Palestinian President Mahmoud Abbas said it was clear extremist Jewish settlers were responsible and called on Israel to bring the killers to justice.

"The settlers have killed and burned a little boy. They are well known," Abbas said, accusing Israel of tolerating settler violence toward Palestinians. The death added to tensions caused by the killings of the three Israeli teens, whose bodies were found Monday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the photo with your Metro news app to see a slideshow of photos from Wednesday's clashes in Jerusalem between Palestinians and Israeli soldiers following the suspected abduction of an Arab teen.

metro AR

→ See the full instructions on Metro's Voices page.

Palestinian man argues with Israeli police on Wednesday. THE ASSOCIATED PRESS

U.S. Bipartisan report endorses some Internet monitoring as 'valuable'

An oversight board has given its endorsement to some of the U.S. National Security Agency Internet surveillance programs that were revealed last year after leaks by former NSA contractor Edward Snowden.

The new report, which the five-member bipartisan Privacy and Civil Liberties Oversight Board adopted, found that the National Security Agency's collection of Internet data within the U.S. passes constitutional muster and employs "reasonable" safeguards designed to protect the rights of Americans.

THE ASSOCIATED PRESS

Legal and reasonable

The oversight board, including a Democratic federal judge, two privacy experts and two former Republican Justice officials, found the NSA monitoring was legal and reasonable.

Heightened al-Qaida risk

Tighter security at some airports

The United States has ordered tighter security at some foreign airports offering direct flights to the United States, the American Homeland Security secretary said Tuesday. Intelligence officials are concerned about new al-Qaida efforts to produce a bomb that would go undetected through airport security. America has picked up indications that bomb makers from al-Qaida in Yemen have travelled to Syria to link up with al-Qaida there.

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Tussauds gives waxworks a royal makeover

Madame Tussauds employees prepare the wax figures of Prince William, left, and his wife Kate at the attraction in London, Wednesday. The waxworks of the royal couple have been given a new look two years after they were introduced into the attraction. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Pistorius had no 'rage-type' record, expert report says

State of mind. Court-ordered evaluation adds to conflicting evidence about character of double-amputee runner

Oscar Pistorius arrives at court in Pretoria, Wednesday. WERNER BEUKES, POOL/THE ASSOCIATED PRESS

Oscar Pistorius does not display the narcissism associated with men in abusive relationships and linked to "rage-type" murders, according to a psychologist's report read Wednesday at the athlete's murder trial.

The defence has sought to support Pistorius' contention that he killed his 29-year-old girlfriend Reeva Steenkamp by mistake, fearing an intruder was about to attack him; the prosecution says the Paralympian is a jealous egotist who shot Steenkamp after a Valentine's Day argument.

Dr. Jonathan Scholtz, a clinical psychologist, found no evidence that Pistorius had a history of "abnormal aggression or explosive violence" but concluded he has a record of feeling insecure and vulnerable, particularly when he is without his prosthetic limbs, defence lawyer Barry Roux said. He read excerpts from the psychological report, part of a court-ordered evaluation of Pistorius' state of mind over 30 days at a state psychiatric hospital.

When physically threatened, Pistorius might have a fearful reaction that could "seem extraordinary when viewed from the perspective of an able-bodied person, but normal in the context of a disabled person with his history," said Roux, quoting from the report.

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Pursuing A Career – Why College? Ashley Evans Time: 11:45 to 12:15
How to Start a Business Rafi Varlonian & Jasha Page Time: 1:45 to 2:15
Networking Navigating Post-Secondary Education: The Top 10 Questions You Should Ask Johanne Hayes Time: 3:30 to 4:00
IELTS – Tips for your next step. Dave Hamilton Time: 12:15 to 12:45
Resumes and Interviewing Strategies Ozzie Saunds Time: 2:15 to 2:45
Steps to Achieving your CPA designation Lori Bolton Time: 4:00 to 4:30
Winning ways – the formula for your job search success Sujay Vardhmane Time: 12:45 to 1:45
Positioning yourself effectively for a job in the Canadian finance and banking industry Sathsan Srikrishnan Time: 4:30 to 5:00
Networking How To Build Relationships That Count Colleen Clarke Time: 3:00 to 3:30

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Company defends Canadian executive charged in Cuba

Tokmakjian Group.
As company president Cy Tokmakjian awaits court ruling on corruption charges his supporters claim trial was unfair

The company and family of a Canadian business executive awaiting a court ruling in Cuba defended him against accusations of graft, arguing that what were in fact "legitimate commercial transactions" were wrongly characterized as corrupt at trial.

A two-page statement, sent to The Associated Press by the Tokmakjian Group, also complained that company president Cy Tokmakjian's trial, which ended June 21, was unfairly stacked against him.

It said he was held without charge for two years while the results of the investigation were kept secret, and then given just two months to present a defence. Meanwhile 14 of 18 proposed defence witnesses, including international tax experts, were rejected by the court without explanation.

"We are concerned that the outcome of the trial is predetermined given the reluctance by the Cuban authorities to rectify gross procedural mistakes," the statement said.

Prosecutors are seeking 15 years for Tokmakjian and eight to 20 for more than a dozen others named as defendants. They include two more Canadians, as well as Cuban employees of the company, government officials and workers at state-run businesses. THE ASSOCIATED PRESS

Other cases

On Monday, Communist Party newspaper Granma said Tokmakjian was accused of corruption to obtain benefits in contract negotiations, unauthorized financial transactions, illegally taking large amounts of money out of the country, falsifying documents to avoid taxes and payroll irregularities. A ruling is expected soon.

- Tokmakjian is among a number of foreigners and dozens of Cubans arrested in 2011 as part of a crackdown on graft that targeted multiple businesses operating in Cuba.

Ceili is hoping to squeeze back into her dog sweater

Staff worker Kelli Quinones walks golden retriever Ceili on a treadmill at the Morris Animal Inn in Morristown, N.J., in June. For Ceili, it was easy to fatten up when living with a boy who pushed tasty morsels over the edge of his high chair. The extra weight led Eileen Bowers of Bedminster, N.J., to sign up the more than 100-pound pooch for a five-day fitness camp last month at Morris Animal Inn. The camp offers swimming, nature hikes, treadmill trots, facials, massages and healthy treats like organic granola, string beans and carrots. THE ASSOCIATED PRESS

Report.

Devices on 'standby' hog energy

Billions of electronic devices around the world that are constantly on "standby" are wasting enough electricity each year to power 80 per cent of Canada's needs, says a new report.

And it's only going to get worse, says the International Energy Agency, unless we do something about it.

The report says that demands of businesses and consumers to be connected full-time comes at a price.

Devices like refrigerators and coffee makers are now being made with connections to the Internet — which means they always have to be powered up to receive instructions.

Meanwhile, televisions and computers are always in "standby" mode so they can be flicked on instantly.

"In many such devices, standby is a misnomer," says the report. "It suggests the device has gone to sleep and is almost off." TORSTAR NEWS SERVICE

Book time for summer reading

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KHALED HOSSEINI THE KITE RUNNER AND THE MOUNTAINS ECHOED
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‘Emotional contagion’ test spreads upset

Facebook. Psychological test on users of the social media site is certainly stirring up many feelings

British data protection authorities are investigating revelations that Facebook conducted a psychological experiment on its users.

The Information Commissioner’s Office said Wednesday that it wants to learn more about the circumstances of the experiment carried out by two U.S. universities and the social network.

The commissioner’s office is working with authorities in Ireland, where Facebook has headquarters for its European operations.

French authorities are also reviewing the matter.

The researchers manipulated the news feeds of about 700,000 randomly selected users to study the impact of “emotional contagion,” or how emotional states are transferred to others.

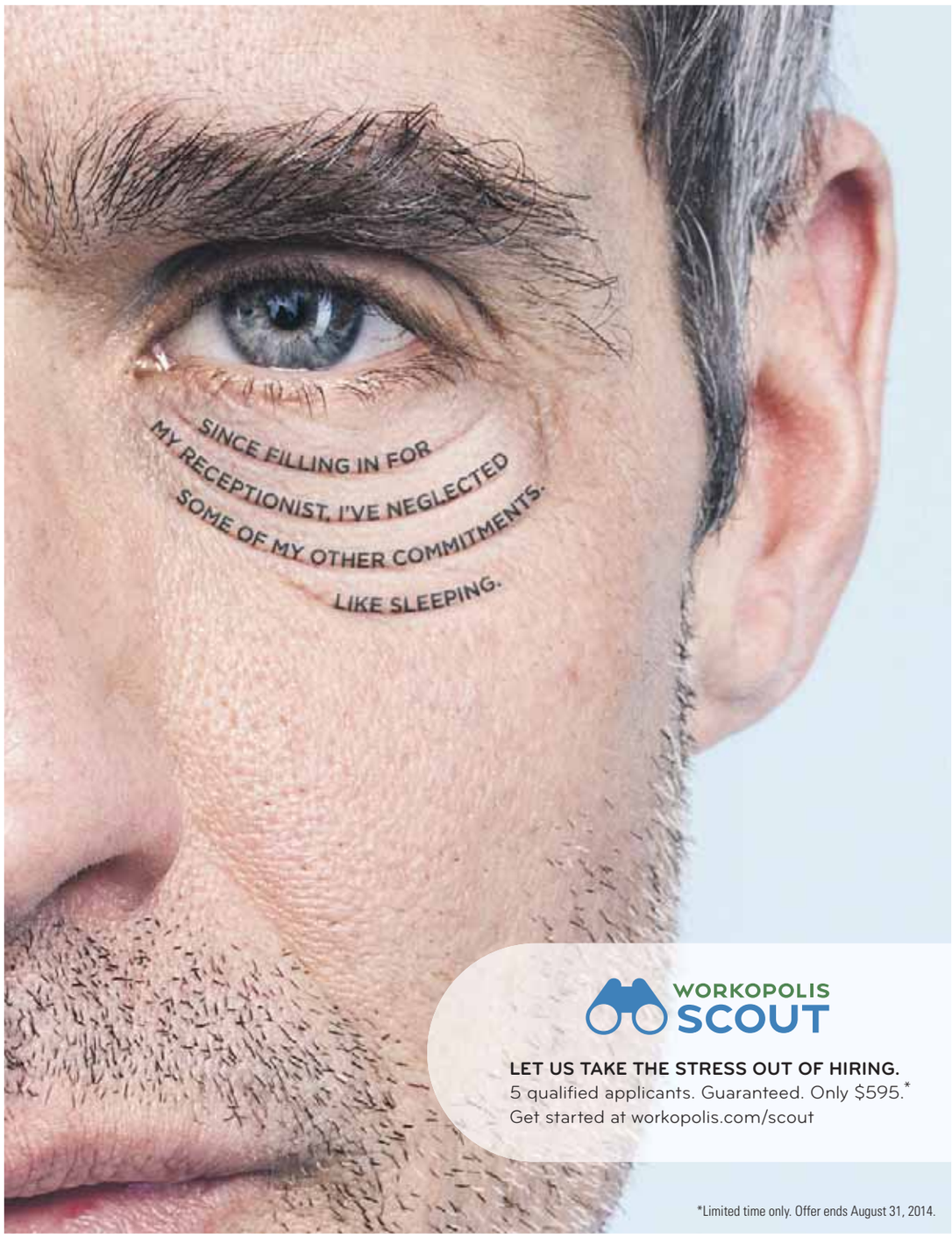
The researchers said evidence showed that emotional contagion occurs without direct interaction between people and “in the complete absence of nonverbal cues.”

Facebook acknowledged that the research was done for a single week in 2012.

The survey provoked an outcry on social media sites and sparked essays in media outlets including The New York Times and The Atlantic about the ethics of manipulating users’ feeds without their consent.

THE ASSOCIATED PRESS

News of Facebook’s ‘emotional contagion’ experiment got the thumbs down from many people this week. KAREN BLEIER/AFP/GETTY IMAGES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Weekly newspaper

The Grid stops the presses, for good

The award-winning Toronto weekly The Grid is shutting down after three years of publication.

The Star Media Group, which includes The Grid as well as Metro and Toronto Star papers, says the weekly didn’t generate enough revenue despite having a strong and loyal following.

THE CANADIAN PRESS

Market Minute

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Lawsuit. LiLo claims maker of Grand Theft Auto stole ... her image

Lindsay Lohan is suing the makers of the popular Grand Theft Auto video games. THE ASSOCIATED PRESS FILE

Lindsay Lohan is suing the makers of the Grand Theft Auto video games. The actress says the latest installment used her image and created a character based on her without her permission.

Lohan’s lawsuit was filed Wednesday in a Manhattan court.

Grand Theft Auto V game maker Take-Two Interactive Software Inc. and subsidiary Rockstar Games declined to comment.

Grand Theft Auto V was released in September. Sales topped $800 million US on its first day.

Lohan’s lawsuit says a character named Lacey Jonas is an “unequivocal” reference to the Mean Girls and Freaky Friday star.

The suit says Lohan’s image, voice and styles from her clothing line are depicted. It says the game features West Hollywood’s Chateau Marmont hotel, where Lohan once lived.

The character also seeks help skirting paparazzi.

THE ASSOCIATED PRESS

GOING BACK TO NOWHERE

HE SAYS

John Mazerolle
metronews.ca

I come from nowhere. More specifically, I come from New Brunswick.

I'm taking my girlfriend there in a couple of weeks and she thinks I'm underselling my home province — maybe because I keep saying the three best things are my friends, my family and edible seaweed, not necessarily in that order.

But it's a tricky thing, explaining New Brunswick. I'm finding describing my home province a bit like trying to explain depth to a two-dimensional life form or purple to a blind person. New Brunswick has its pros and cons but to most of the country it's a cipher, an empty space. If it were eliminated from the map by nuclear warfare, all you'd say when you got out of your car is that the drive to Nova Scotia is faster than you remember.

Think about it. Can you name the best hockey player to come out of New Brunswick? No? In Canada, doesn't that mean it might as well not be there? And what about the best musician from N.B.? The best actor? The most striking landmark? The most famous building? What you like the most? The least? Do you even know what the old Brunswick is?

You might have very positive views about Toronto or Saskatchewan, or you might wish Godzilla would visit those places. But you probably have some idea what it is you are loving or hating.

What springs to mind when you think of New Brunswick? It's like a zen koan, designed to free your mind of conscious thought. It's not a good thing or a bad thing. It's just there. Or not. New Brunswick, the new play by Samuel Beckett.

It's been a problem for people in New Brunswick too, as can be seen in years of failed advertising slogans so vague as to be meaningless: "Wow!" was one. No, really. It was just "New Brunswick: Wow!" Another was "Be … In This Place," which really does seem like a zen koan.

And when New Brunswickers aren't being vague, they're trying too darn hard. The province's biggest boosters often seem like people striking up the band so you won't notice the ship is sinking. My hometown, Saint John, has taken to calling itself Renaissance City since I left, which is only accurate in that Saint John often leaves you wondering if you've returned to the 16th century.

Keep in mind, I like Being … In That Place. It's just no obvious consensus has been reached on what New Brunswick is or what it can be. For most of Canada, it's just nothing, but from a tourism perspective I can laud the French-English mix, whale watching, a couple of great national parks and some beautiful sunsets.

I'm not sure I could move back, but I know there's enough beauty there for me to pull my girlfriend close and whisper sweet New Brunswicks in her ear. Wow.

MILITANTS AT WORK

Iraqis who have fled recent fighting in the cities of Mosul and Tal Afar try to enter a temporary displacement camp but are blocked by Kurdish soldiers on Wednesday in Khazair, Iraq. For more images of refugee life in Iraq over the past week, scan this image with your Metro News app. ALL PHOTOS SPENCER PLATT/GETTY IMAGES

The Islamic State looks to tighten grip on land

Fresh from success in Iraq, a Sunni extremist group tried to tighten its hold Wednesday on territory in Syria and crush pockets of resistance on land straddling the border where it has declared the foundation of an Islamic state.

The militant group has fed off the chaos and supercharged sectarian atmosphere of Syria's civil war to seize control of a large chunk of territory there. With its recent blitz across Iraq, it has expanded its gains while also effectively erasing the border between the two countries and laying the groundwork of its proto-state.

The group this week unilaterally declared the establishment of an Islamic state governed by Shariah law and demanded that all Muslims pledge allegiance to it.

THE ASSOCIATED PRESS

By the numbers

800K

Number of people who have fled the city of Mosul, Iraq's second-largest city, since the Islamic State militants took control, according to the International Committee of the Red Cross in Iraq.

Who are the Islamic State?

The Islamic State of Iraq and Syria, now calling themselves simply the Islamic State, are an al-Qaida breakaway group.

- Extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East and beyond in various forms over Islam's history.
- But ISIS has managed to do what al-Qaida never has — carve out a large swath of territory in the heart of the Arab world and control it.

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

This is Verruckt

ANDREW FIFIELD
andrew.fifield@metronews.ca

Behold Verruckt, opening this summer in Kansas City and verified by Guinness as the world's tallest waterslide. After hiking more than 250 steps to the top, riders are strapped in a four-person raft and sent down an early vertical 168-foot drop, because lesser waterslides are for babies.

Obviously, hydrothrillseekers are eager to see what it's capable of, so a park designer and ride engineer rigged a few POV cameras and took it for a spin.

If you're wondering what incredible phrase the Germans managed to squeeze into "verruckt," it just means insane. Which is disappointing. (SDG/YouTube)

ISTOCK

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PHOTOGRAPHY AWARDS 2014

WINNERS

Kiril Rusev & Mark Brodkin scoop top awards

PHOTOGRAPH OF THE YEAR:

Out From The Fog

Photographer:
Mark Brodkin
of Toronto, ON

Out From The Fog was entered in the Open category and it ranked highest overall score with 33 of a possible 50 points.

What they won:

Mark and Kiril will each be awarded $1,300 cash and Canon's Ultimate Photography Bundle: EOS 70D Digital SLR Camera (Body Only) with EF 70-200mm f/4L USM Telephoto Zoom Lens, PIXMA PRO-100 Inkjet Printer and Tamrac Travel Bag – value $2,700.

Our Category Winners each receive the Canon PIXMA Pro-100 Inkjet Printer (value $500).

L-R: *Street Cricket, Nepal; Hide And Seek, Nepal; The Camp* all by Kiril Rusev

PHOTOGRAPHER OF THE YEAR: Kiril Rusev of Toronto submitted a portfolio of images that earned high marks from the judges, making him the Photographer of the Year.

Category Winners:

BLACK & WHITE

WINNER: Tony Golea; Mississauga, ON; *Vatican Museum.*

COLOUR

WINNER: Shane Kalyn; Vancouver, BC; *The Colourful City.*

FEATURE

WINNER: Nima Alamouti Nia; Toronto, ON; *Feature 3.*

TRAVEL

WINNER: Andy Kwan; Mississauga, ON; *A Pink Arctic Sunset.*

NATURE

WINNER: Wade Odlum; Toronto, ON; *Light Beam.*

OPEN

WINNER: Stephanie Ellul; North York, ON; *horsesgrooming.*

SPORT

WINNER: Rob Trick Johnston; Toronto, ON; *Rtj 2646 2400.*

PORTRAIT

WINNER: Andrew Beveridge; Guelph, ON; *Stair.*

LIFESTYLE

WINNER: Shane Kalyn; Vancouver, BC; *Sunset Surfer*

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Choose your own adventure at this year's Fringe Festival

It's fun in the dark. Navigating the theatrical choices can be daunting, but that's part of the fun

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

More than 130 companies will mount productions in more than 30 different spaces around the city during this year's Toronto Fringe Theatre Festival. CONTRIB-

Boasting more than 130 companies performing in more than 30 spaces, the annual Toronto Fringe Theatre Festival is a boon for hardcore theatre fans and a daunting maze for the uninitiated.

"It's a lot" admits Lucy Eveleigh, the fest's general manager. But it's also part of the fun.

Eveleigh describes Fringe as a "choose-your-own adventure" experience. Productions are picked by lottery — this year more than 700 people applied.

"We don't know what we're going to get," she says.

"It's a real mix of show and genre, which is what makes it so exciting."

Eveleigh recommends that "first time Fringers" start at the Fringe Club, located behind Honest Ed's, which hosts a number of free performances throughout the fest. Afterwards, seek out a staff member or volunteer — all are well versed in the fest's roster of performers — who are ready and willing to help navigate the busy schedule based on that initial experience.

The sense of feeling around in the dark is as palpable to those putting on the performances as it is for the crowds watching them.

"You get people who have never done this before," she says. By covering many of the up-front costs mounting a production, Fringe gives inexperienced producers and performers a chance to get their feet wet, an experience that will carry over to their next project, regardless of the medium.

The fest has produced its fair share of bona fide hits over the years. Da Kink in My Hair was adapted into a television series and The Drowsy Chaperone went on to play on Broadway and won several Tony Awards.

And while the next big theatre hit could be lurking in this year's busy schedule, Eveleigh sees the equal opportunity platform that Fringe provides as the fest's enduring legacy.

"To give people a voice like that is amazing."

Experienced rookie

This is Eveleigh's first year as general manager at Toronto Fringe, but it's hardly her first kick at the fringe-fest can. Along with a two-year stint at SummerWorks, she previously worked at the Edinburgh Fringe Festival in Scotland, the largest such event in the world. She also performed at Toronto Fringe back in 2006, mounting a "site-specific" show in the basement of Sonic Boom Records' old Bloor Street location. "It was such a great experience," she recalls. There's an inclusive feeling amongst Fringe performers that everyone is working towards a common goal. "You're all in it together."

The Toronto Fringe Festival is on now until July 13. Head to fringetoronto.com for schedule and details.

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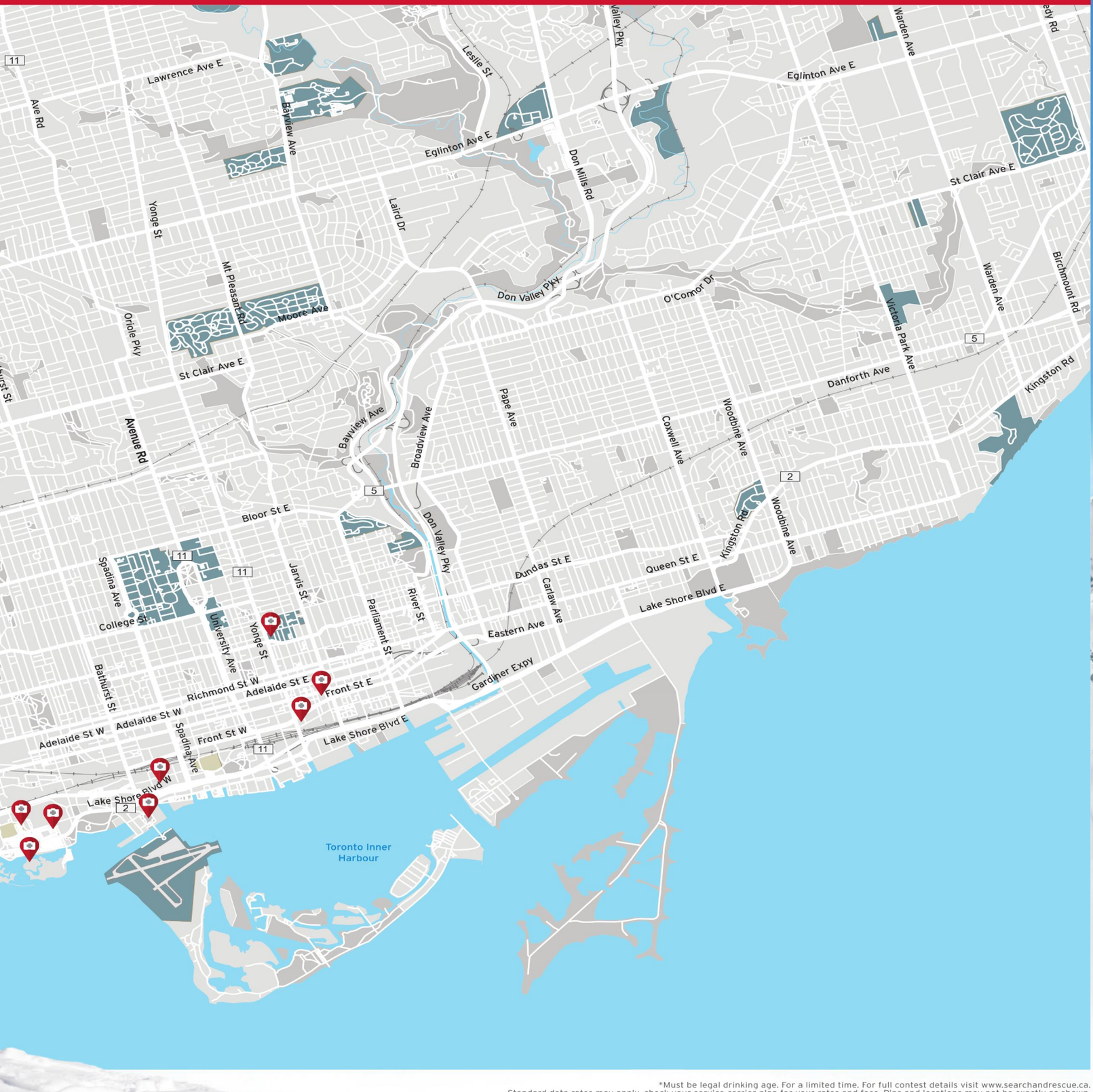

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THAT MIGHT BE LOOKING AT A WINNER.

An alien allegory on goodbyes

Earth to Echo. New film about a homesick extraterrestrial is drawing parallels to Steven Spielberg's E.T.

STEVE GOW
scene@metronews.ca

The fact that critics are simply calling Earth to Echo a millennial version of Steven Spielberg's E.T. doesn't bother filmmaker Dave Green.

"That's always humbling to be mentioned in the same sentence with that movie and I know its not a quality comparison because that movie is such a piece of art," said Green recently, hinting that it's not the only Spielberg work that informed his debut feature. "I saw Jurassic Park when I was 10 years old and there was nothing more fun when I was a kid than being scared in the theatre and knowing you were safe."

The story is about a trio of kids who are forced to move from their neighbourhood, when they set out for one last adventure and find it when they stumble on a homesick alien they name Echo.

"The character of Echo, while he's absolutely adorable, he's a vessel through which the kids learn to say goodbye to each other," admitted Green, explaining Echo could've been a bird fallen out of its nest as much as an extraterrestrial.

"The big access point for me was when I was going to college, I had to say goodbye to all my friends that I'd known since I was five years old ... I just remember what that felt like and it was a very bittersweet time."

While the heart of the film has been gaining positive early reviews, the true appeal of the movie for a young audience will be the fact the film utilizes a first-person perspective as if the film were shot by the characters on their smartphones — a precise detail not lost on Green.

"This is the language in which kids live and breathe every single day of their lives," said Green.

"If you were to watch a version of this movie shot in a very polished J.J. Abrams way, it would be weird if the kids weren't taking their cellphones out and posting it on Instagram."

Quoted

"I saw Jurassic Park when I was 10 years old and there was nothing more fun when I was a kid than being scared in the theatre and knowing you were safe."
Earth to Echo filmmaker Dave Green

'80s influences

- **Green on the film's '80s influences.** "They were popcorn movies that really took you on a ride. That was something I totally loved growing up on and it was a tone for me that I want to see every time I go to the movies."
- **Green on the movie's intensity.** "Although this is a PG movie, some of the intensity, I never wanted to shy away from it just because I remember being a kid vividly and those were the most exciting parts to sit through."

Earth to Echo opened on Wednesday. CONTRIBUTED

AUGMENTED REALITY

→ Some are comparing Earth To Echo to Steven Spielberg's '80s classic E.T. Scan this photo with your Metro News app for a trailer and you be the judge.

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→ See the full instructions on Metro's Voices page.

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90210 who? Alums reunite 20 years on

Blast from the past. If you're pining for a '90s revival, Tori and Jennie are back with a new sitcom called Mystery Girls

Tori Spelling can crack Jennie Garth up.

When thinking of an upcoming scene from their new ABC Family sitcom, Mystery Girls, now airing Wednesdays at 8:30 p.m. ET, Garth giggles at the memory of Spelling going for it, making a funny face and using a strange voice.

That's just one reason the two like to work together.

"I feel safe doing some, like, goofy, crazy face and voice because it's my friend. I know she's gonna be there to support my efforts," explained Spelling in a recent interview.

"She knows I love it," added Garth, who readily admits she's the first to break character in a scene.

Unless you skipped the 1990s, you know they were co-stars on one of the most popular TV shows of that era, Beverly Hills 90210, about teens living in the exclusive Southern California zip code.

It went off the air after 10 seasons in 2000 but Spelling and Garth have remained friends. They even briefly reprised their roles for the CW's 90210 reboot.

They never expected to work together full-time again but Spelling came up with the premise and it all fell into place.

On Mystery Girls, Garth and Spelling play former co-stars of a hit '90s detective TV show of the same name. They've gone their separate ways, until a crime occurs, and the witness will only talk to them. After this, they end up opening a detective agency.

Both actresses also serve as executive producers. They have their hand in the show's look, wardrobe and "every little thing," said Spelling. "Our personalities are micro-managers. We can't delegate that much, but we're learning," she said.

The two say they rarely disagree on decisions but Garth will defer to Spelling sometimes "because it was her idea."

The gig also comes at a good time for Spelling's personal life. Her recent marriage struggles with actor Dean McDermott have been documented both in the press and on the Lifetime docu-series, True Tori. On that, cameras followed Spelling in the aftermath of learning her husband had an affair.

THE ASSOCIATED PRESS

They're back! Former Beverly Hills 90210 co-stars Tori Spelling, left, and Jennie Garth team up again for the sitcom Mystery Girls.

NAAMY SUSSMAN/INVISION/THE ASSOCIATED PRESS

Doing comedy

"It's more fun than doing a drama. The schedule, the hours. We both have a lot of kids."

Jennie Garth, on why they chose to do a sitcom

Better Call Saul

Breaking Bad spinoff will have 'flexible timeline'

Previously, it was thought that the upcoming Breaking Bad spinoff Better Call Saul would take place before Walter White began his meth-dealing career.

Now a producer has indicated that the series will have an alternating narrative spanning across multiple decades, indicating that the protagonist of Breaking Bad could make a cameo or two.

The first season of Better Call Saul, which is currently being filmed in New Mexico, is directed by Breaking Bad creator Vince Gilligan. The series focuses primarily on Saul Goodman (Bob Odenkirk), who is known to fans of the original show as Walter White's lawyer.

Described as a prequel to the hit AMC drama, the new spinoff will not take place exclusively during the 1980s as was previously thought. In an interview with the New York Daily News, producer Peter Gould revealed that the series would actually have "a flexible timeline" and will take place "before Breaking Bad, during Breaking Bad and after Breaking Bad."

Gould admits that this narrative structure provides "the ability to bring back characters that were killed on Breaking Bad," adding that he would like to see Bryan Cranston return for one or more cameos. AFP

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Sir Dennis Galahad goes to Casa Loma

Thomas James Finn. Exploring Toronto's real-life castle with the actor behind one of Spamalot's not-so-noble Knights of the Round Table

Follow along as Andrew takes an intriguing person out for a night on the town, visiting some of Toronto's newest hot spots and offering tips on how you can create your own date night.

DOBBER DATES
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It may not be King Arthur's court, but Thomas James Finn seems pretty impressed with Casa Loma. ANDREW DOBSON

I was excited about going on a date with Thomas James Finn, the actor who takes on the role of Sir Dennis Galahad in the Lower Ossington Theatre's Spamalot.

The Tony award-winning Broadway musical originally premiered in 2005 and is based on the campy classic film Monty Python and the Holy Grail. With proud British ancestral roots, I grew up in a family where Monty Python jokes regularly found their way into conversation at the dinner table.

I met Finn at Toronto's Casa Loma, intentionally setting our date in a romantic, historical setting to encourage a narrative that focused on the chivalrous knights of Camelot. On a tour of the estate we trudged through a damp tunnel, whisked our way through stately horse stables and gawked at a crystal chandelier-adorned ballroom.

Chatting with Finn I realize his accent ebbs and flows.

"I grew up in Wasaga Beach but am originally from County Meath in Ireland. My family moved to and fro throughout my childhood. Taking on an accented role for Monty Python is a perfect fit for me." Finn has been a fan of Monty Python's quirky humour since he was a kid and adds, "My dad is from Liverpool and the first of the films we watched together was Life of Brian."

Finn has always been fascinated with putting on a show.

"Every Christmas, my house was lively like the Sound of Music. My grandfather was a professional singer in Ireland, my idol. I loved singing along to Disney movies but my first experience with live musical theatre was Grease. I was immediately in love. Everyone at home called me Little Travolta."

This summer, Finn plays Sir Dennis Galahad, a mud digger who is asked by King Arthur to join his Knights of the Roundtable. "The show is hilarious, goofy and silly. My character transforms from very much a people person to a gorgeous, self-indulgent knight who can't stop tossing his luscious hair."

The show's opening weekend sold out in record time. Not surprising, as Toronto and its suburbs are home to a vibrant Brit population eager to enjoy a nostalgic laugh.

"Spamalot is perfect for a date night," says Finn.

Where to go before, after

Heading to LOT for a show and want to make it a date night? Check out Finn's favourite spots to grab a drink or a bite just a stone's throw from the theatre.

Pre: Frankie's has been a West Queen West diner fixture for over 35 years. Grab the Texas Burger stuffed with Doritos.

Post: The Well is a bar owned by a tattoo artist who has created a funky space where the menu is written in chalk and celebrity portraits wave back at you.

For more info

Spamalot plays at the Lower Ossington Theatre June 20 to August 3. More details at lowerossingtontheatre.com

METRO CUSTOM PUBLISHING

A 5-KM PATH TO EMPOWERMENT

WALK GIVES YOUTH WITH DIABETES OPPORTUNITY FOR A LIFE WITHOUT LIMITS

Matthew Dunnet and Jade Allen were both diagnosed with Type 1 diabetes before the age of 16. But they never let the disease hold them back: Matthew is now a corporate lawyer and Jade is a social service worker.

In 2005, they both received a scholarship from Diabetes Hope Foundation (DHF). The support and encouragement they've received from DHF over the years has helped them excel, not only in relation to their diabetes, but in their careers and aspirations as well.

Today, the pair is intent on giving back to the diabetes community; Matthew is now chair of DHF's alumni committee and Jade serves as vice-chair. On Sept. 20, they will be among hundreds of people participating in Diabetes Hope Foundation's eighth annual Diabetes Walk for Hope in Toronto. This year's goal is to raise $100,000 to support much-needed programs for children and youth living with diabetes, including their scholarship program, alumni mentorship, at-risk youth and aboriginal diabetes retreats. To date, the foundation has raised more than $500,000 from the event.

Diabetes Hope Foundation is a solely independent, non-profit foundation, and is not associated or affiliated with other diabetes-related organizations. They are the only national charity that provides unique, impactful, peer-to-peer programs for youth living with diabetes today.

Children and adolescents urgently need access to education and hands-on support to help maintain their health, improve their confidence and help them achieve success in the years to come. Their programs and services are funded by the community, for the community, and they consistently deliver on their promise for complete accountability and transparency in all areas to ensure that children and youth reach their full potential.

CONTRIBUTED

The need has never been greater. More than 9 million Canadians live with diabetes or pre-diabetes. One in three Canadians will be living with diabetes or pre-diabetes by 2020. Type 2 diabetes, previously unheard of children, is rising at alarming rates, especially among ethnic minorities.

Being diagnosed with diabetes is life altering, particularly for young people. DHF's mission is to provide the tools, support and education for children and youth with diabetes to thrive.

DHF's unique, holistic approach has raised millions of dollars for the diabetes communities across Canada.

Grow with DHF by supporting kids today to give them the tools they need for a healthier and long life for tomorrow.

For more information, visit diabeteshopefoundation.com or call 905-670-0557.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Shia LaBeouf ALL PHOTOS GETTY IMAGES

They tried to make Shia go to rehab, he said no, no, no (but did seek help)

A publicist says Shia LaBeouf is being treated for alcoholism. Melissa Kates said Tuesday the 28-year-old actor has not checked into a rehab facility, but is receiving voluntary treatment for alcohol addiction. Kates said in a statement that LaBeouf's recent actions — which include an arrest for disrupting a Broadway play — are symptoms of a larger health problem. She said he has taken the first of many necessary steps toward recovery. LaBeouf was charged with disorderly conduct, criminal trespass and harassment during a production of Cabaret last week. The actor was arrested for drunken driving in 2008 after he crashed his pickup truck, injuring his hand and knee. LaBeouf is best known for appearing in the first three Transformers films. THE ASSOCIATED PRESS

Jewel follows her Intuition, splits with hubby after 16-year relationship

Singer Jewel and her husband are divorcing after a 16-year relationship. The 40-year-old writes in a letter posted on her website that she and Ty Murray want their separation "to be nothing less loving than the way we came together." A representative for the singer confirmed the news Wednesday. Jewel and Murray were married in 2008. They have a son named Kase. Jewel says she decided to write the post — called Dear World — to inform her fans before the news broke in the tabloids. Her hits include

Jewel

You Were Meant for Me, Foolish Games and Intuition. Her 1995 debut album, Pieces of You, has sold more than 12 million units in the United States. THE ASSOCIATED PRESS

The Word

It's hard to Get Her Back when she won't listen to the album

MELINDA TAUB
Metro in New York City

I know I'm not the only one who thinks Get Her Back is kind of gross. I appreciate that Robin Thicke misses his ex-wife Paula Patton, but dude — making a video of a Paula look-alike drowning in a skull mask before flashing the words "This is just the beginning," is unlikely to get you anything but a restraining order.

Luckily, there's one person who hasn't experienced the full weight of Robin Thicke's creepy take on romance: Paula Patton herself, who hasn't listened to the album. "I don't think she wants to hear it right now," Robin told Hot 97. "I can't speak for her, but I think space is an important part of any healing process."

Kudos to Paula. I imagine there's not much that would hurt Robin Thicke more than refusing to listen to him croon about you.

Paula is making sure that their healing process is spacious indeed. In addition to refusing to listen to his music, she and Robin haven't seen each other in four months. That must take some work, since they share a four-year-old son. Maybe they pass him back and forth wearing blindfolds — and, for Paula, earplugs, in case of any crooning sneak attacks.

Cameron Diaz

It may not be a real sex tape, but Cameron Diaz still bares all in it

Cameron Diaz does something she's never done before in her upcoming movie Sex Tape. She gets naked on camera. It's a first for the 41-year-old actress, who described the experience to Esquire magazine as "just a part of the role." She says her co-star Jason Segel also gets nude onscreen.

In Sex Tape, Diaz and Segel play a bored married couple who decide to spice things up by filming a sex tape. After it's accidentally leaked, they try to get it back. She also has a labour scene in the film. Diaz has been open about not wanting children in real life, saying she never really wanted to be a mother. THE ASSOCIATED PRESS

Nicole Scherzinger talks about battle with bulimia

In the new issue of British Cosmopolitan magazine, singer and former Pussycat Dolls member Nicole Scherzinger opens up about her secret struggle with bulimia. "It is such a horrible paralyzing disease and it was such a dark time for me ... It robs you of living your life," she tells the magazine.

Scherzinger hopes that sharing her story will serve as an inspiration for other people who are struggling with an eating disorder. "You can recover and you can get rid of it forever," she says. "I did it and

Nicole Scherzinger

that's why it's so important for me to share my story."

She says that she developed the eating disorder when she was in her early 20s. METRO

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3 braids to beat the heat

City humidity and heat doesn't mean you have to spend summer in ponytails and messy buns. DreamDry senior stylist Faith Huffnagle shares with us three beautiful braided styles that not only look awesome, but keep you cool. Bonus: All three styles are easier to do when your hair is a little dirty, so go ahead and hit snooze.

EMILY LAURENCE
Metro World News

For the beginner braider: The Fishtail

This fishtail braid looks elaborate, but it seriously only takes five minutes to do. Part your hair and divide it into two sections. Huffnagle recommends a side part so your braid will land over your shoulder. Take a small part of the outer section of one of the two sections you divided your hair into and cross it over, adding it to the inside of the other hair section. Then, do the exact same thing with the other side. Keep your braid tight or it will fall out later. When you're done, secure the end with an elastic and pin in any fly-aways. Pro tip: "The smaller the sections are that you pull from the two bigger sections, the more bone-like and delicate the braid will look," Huffnagle says.

For the intermediate braider: The Juliette

The Juliette is perfect if you are going out to drinks with friends or on a date. Start by sectioning the top third part of your hair and dividing it into three sections. Start a regular braid, but after the first pull, drop one of the section parts and weave a new section part in with the other two section parts. You will be adding to the two original sections all the way around your head, dropping one section with each pull, creating the cascading waterfall look. "If a layer ends, just connect it to another piece of hair in the back and continue from there," Huffnagle advises.

Use a curling wand to create the soft waves. "To really highlight the waterfall, curl the small sections cascading from your horizontal braid," Huffnagle says.

Keeping your hair summer safe

- For protection during the sizzling summer months, try **Live Clean Monoi Oil Leave-in Treatment.** A blend of rich coconut oil infused with Tahiti's native Tiare flower. Strengthening hair before damage begins, this product tackles the many problems summer throws at your hair — moisture loss, frizz and environmental damage. live-clean.com

For the expert braider: The Bianca

This crown braid has a bohemian music festival look to it that makes it perfect for summer. Start by grabbing a four-inch section of hair behind your ear. Then, divide that section in to three equal parts, like you would to start a normal braid. What makes this outside braid different from a normal braid is that you are constantly moving the centre piece, pulling it over both ways. The front piece ends up joining the back piece, very similarly to a French braid. Keep going around your head by pulling more hair from the top all the way around. As you braid, make sure it's tight; you can pull it apart a little at the end to loosen it up. Once you get all the way around your head, finish braiding any extra hair, secure it with an elastic and pin it behind your ear or in the back. Pull the braid apart a bit to make it look more relaxed.

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With the talented Canadian jewelry designer @DeanDavidson whose hat I wore tonite @HoltsCalgary

Oh Canada! Nostalgia reigns supreme this #CanadaDay #cottagelife

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Bonnie

Age:21

Occupation: OCAD student

What she's wearing:

BDG shoes, skirt from Black Market, Aritzia shirt, Brandy Melville sweater and purse from Value Village.

Her inspiration:

"I am inspired by Japanese street culture… and I really love the Spice Girls (specifically Baby Spice and Ginger Spice ... I love platforms and still wear them.)

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We're Vogue-ing to the chapel...

What to wear when you're marrying Anna Wintour's son?

Finding the perfect wedding dress is hard enough. Imagine the pressure when Anna Wintour is about to be your mother-in-law. The Vogue editor's son Charlie Shaffer married his longtime girlfriend Elizabeth Cordry this weekend at the Wintour's home on Long Island, and, well, the bride looked flawless.

Cordry, who is a fashion executive, wore an Oscar de la Renta wedding dress and styled her hair in an elegant, low bun. Shaffer wore a classic black Burberry tux. and Wintour wore Chanel, the New York Post reports.

According to a write-up about the wedding in the New York Times, Shaffer and Cordry met at Oxford University, where they were both studying. The couple now lives in New York City.

Anna Wintour's daughter, Bee Shaffer, Instagrammed the photo below at the wedding.

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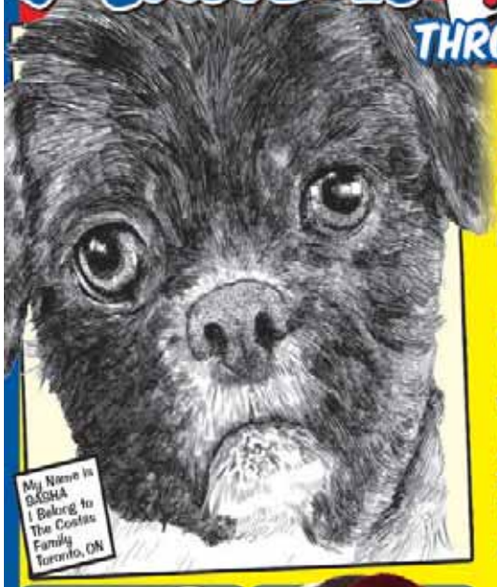

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The allure of almost-free energy

Geothermal heating and cooling. As gas and electricity prices soar, this energy source is growing in popularity

CONDO TRENDS
Duncan McAllister
life@metronews.ca

On construction sites today you'll see a lot of drilling going on. It's not oil they're looking for; it's energy. Cheap energy. Geothermal heating and cooling is a huge trend in home construction that promises the allure of almost-free energy.

Home builders have long realized the numerous advantages of eco-friendly construction techniques. These green initiatives help to save the planet and save homeowners money. From LEED-certified condominiums to Energy Star-compliant houses, there are a variety of energy-saving schemes on the market.

Geothermal is revolutionizing the way builders provide heating and cooling. It's not a new idea, but in Canada, it's taking the construction industry by storm. As electricity and gas prices soar, geothermal becomes an attractive alternative.

"In the long term, condo owners will benefit from geothermal savings on the cost of heating and cooling, compared to today's rates," explains Mario Ribeiro, principal of Triumph Developments and builder of Howard Park Residences in Toronto's west end. The two low-rise structures incorporate geothermal systems for heating and cooling. "Geothermal energy is under the property just waiting to be harvested, at lower and predictable costs year after year," he says.

Geothermal is revolutionizing the way builders provide heating and cooling. CONTRIBUTED

The only drawback is that the upfront costs of installing geothermal are quite high. For a new condominium project, this could translate into sticker shock that could potentially discourage buyers. "All the bore holes need to be drilled prior to any of the concrete work. There is a large engineering cost as well," says Ribeiro.

Builders have devised innovative financing options that stretch the cost of geothermal over a long period.

By nature, geothermal is a long-term proposition: The pipes have a 50-year warranty and it's expected they may last over 100 years.

Roland Rom Colthoff is principal of RAW Design, a small architectural firm that's busy designing some of the city's more innovative mid-rise infill developments. The firm has pioneered the use of geothermal in many new projects.

RAW designed Burlington's Ironstone, in which the geothermal system is on a long-term mortgage. "They did not have to charge it as a capital cost when you're purchasing your condominium. You pay for it out of the energy savings over 30 years," explains Colthoff. "Those kinds of innovative financial arrangements can make it viable. In terms of just going out and doing it, there's no way you can compete in the market."

"Geothermal energy is under the property just waiting to be harvested," says Mario Ribeiro, principal of Triumph Developments. CONTRIBUTED

Legal Matters

Realtors are really for real

We are considering selling our house and downsizing to a condo for a more urban existence now that our kids have moved out and we don't need all the space we have. Some of our friends are suggesting that we should try listing the house ourselves and save the commission. From a legal perspective, do you see any negatives in going this route?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Absolutely. Realtors are the experts at pricing and marketing your family home. They spend their lives bringing people to new homes. They can assist in a variety of ways but from a lawyer's perspective, they have the knowledge of all of the clauses and wording that should, or should not, be included in an agreement of purchase and sale.

We as lawyers work closely with real estate agents to make sure that the contract meets the requirements of our mutual clients and the transaction moves forward smoothly.

Your realtor will not only help you sell the family home, they will also hopefully be instrumental in helping you purchase your new digs. And as an aside, they can be so much more than just advisors in real estate — they can be lifelong friends.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

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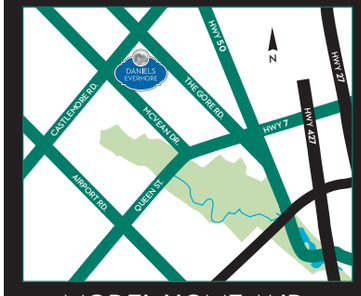

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Lasso summer with rope accents

We usually think of natural rope as utilitarian, used to tie down furnishings on moving day or keep parcels tightly sealed. But its rough-hewn texture offers an excellent way to add a relaxed eco-look to interiors. Available in many colours and thicknesses, rope is fantastic for DIY projects. Not so handy? Here are some products (and inspiration) that tie the knot in style.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Get your napkins in a twist

Set sail for elegant dining. Braided Nautical Rope Napkin Ring, $4.70, BedBathAndBeyond.ca

Lash your mirror to the wall

Simple wood-framed mirror gets a casual lift from its chunky rope and decorative knobs. Emilio Wall Mirror, $360, CrateAndBarrel.com

Jute as much as you can handle

Stylist Sibella Court's sleek iron handle gets wrapped in natural jute rope for humble nautical flair. Fixed Rope Handle, $12, Anthropologie.com

Pendant lamp shows you the ropes

Rope, wood and glass make for an eco-stylish light fixture. Mango Large Hanging Pendant, $232, VdeVmaison.com

Lay your cords on the table

Mix with blue and white for a nautical inspired luncheon or with silver and gold for an elegant dinner. Vera Wang's Vera Infinity, five-piece place setting, $155, TheBay.com

Ants can be a serious nuisance as they forage for food in cupboards and drawers. ISTOCK

Send the ants in your pantry packing

Indoor invaders.
Keep your house from turning into an ant farm with advice from pest control experts

Opening a bag of sugar to find ants crawling about is an experience no one wants to have, yet ants are a common pest many householders battle annually.

Jennifer Murphy, a Victoria resident, had just moved into her new home when she started to think there might be a pest problem. First she found ants in a large bag of sugar, and then while her husband was chopping vegetables he was bitten by an ant, and the pain was so intense he cut himself.

"We were annoyed," says Murphy. "But we knew that because we live in a warm climate, bugs were bound to come around. We had just moved in so we needed to figure out where they were coming from."

The potential entry point and cause of what Murphy believes was a carpenter ant problem was a disconnected dryer vent and a woodpile stacked against the outside wall of the house.

"We moved the woodpile away from the house and connected the vent," she says. "We squished all the ones we found in the house, and that seemed to get rid of them pretty quick."

Ants like moisture

Kurtis Brown, technical supervisor at Victoria Pest Control, says the nesting structure of carpenter and odorous house ants, the two most common types, means there is only so much people can do to avoid a problem. "Many ants are seeking moisture. Making sure our homes are in good repair, where we fix leaks and we aren't piling soil over our foundations and on to our siding," says Brown.

Aphids attract ants

To deter ants, avoid planting anything in the garden that will attract aphids. Brown says ants are aphid farmers and will move them from around plants to feed on their droppings.

"If you are going to plant something that are prone to aphids, it's important to make sure the aphid population doesn't get out of control," he says. "The relationship between ants and aphids is important, and it is important to avoid planting vegetation right next to our houses where aphids and ants can be found."

Satellite colonies

Carpenter and odorous house ants are particularly problematic because of the way they develop their nests and colonies. Brown says carpenter ants, which have one queen, develop satellite colonies where they move larva, which is what is normally found in a home.

"It's a nest, but there is just no queen," says Brown. "That is where the problem lies with carpenter ant control. You're not only dealing with the ants in the house, but also the constant threat of a parent colony re-establishing a satellite colony in the house. They essentially become a problem because they walk up to the house and walk into it. They walk under the siding, or a power line or up the siding on the outside."

If left unchecked, carpenter ants can eventually cause severe structural problems to load-bearing beams and other parts of the home.

Odorous ants

Like carpenter ants, it is the nesting structure of the odorous house ant that makes them a concern for homeowners. "They have a multiple queen and multiple nest site structure," says Brown. "There can be anywhere from one nest with one queen to a colony taking over 60 hectares and one million workers."

THE CANADIAN PRESS

Ants' colonial power

- People who live in areas with a large odorous ant colony often have a recurring problem.
- "It's really tough to stop odorous house ants," Brown says. "They have the widest nest site tolerance out of all the native ant species, so they can nest almost anywhere. I've found nests in toilet lids, in kitchen cupboards, typical spots like crawl spaces and attics, even in a radio. That is what really adds in, what makes them so successful."
- When dealing with a persistent ant problem, Brown advises avoiding pesticides as they aren't very effective. If a homeowner suspects carpenter ants have taken up residence he recommends contacting a pest expert. Baiting through ant traps can be successful for odorous house ants.

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Uphold OMB's excellence

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

It has been suggested that local appeal bodies can replace the Ontario Municipal Board in Toronto, but should this happen, it is essential that they uphold the excellence that the OMB has delivered for so many years.

The OMB is made up of a 23-member professional board that provides an impartial, independent tribunal, removed from local political pressures, and renders decisions in the broader public interest and based on sound planning principles.

It is an adjudicative tribunal that enforces provincial laws and policies. It doesn't make law. It makes decisions based on expert opinion, evidence and provincial law. The OMB hands out impartial decisions, without bias toward developers, municipalities or residents groups.

It strictly applies the law.

If we rely on LABs to settle development approval, it is imperative that the board members appointed by council remain impartial. It is important that those appointed be free of any political allegiance and rely on the tests outlined in the Planning Act.

No matter what type of regulatory body is in place, it does not change the fact that the ultimate decision must be in accordance to planning law.

Another challenge facing implementation of LABs is the financial aspect. City staff estimate that creating a LAB would cost $2 million per year, and that some of the costs would be paid through property taxes.

Moving toward an alternative type of regulatory body will result in unnecessary costs for existing homeowners.

Most importantly, we must preserve the impartial, evidence-based, quasi-judicial administrative excellence demonstrated by the OMB.

What's hot on the condo market

DUNCAN MCALLISTER

1. Yorkville

Incentive Event: Chaz Yorkville condominiums at 45 Charles St. E., featuring new pricing and a five per cent deposit. Visit the sales centre at 101 Yorkville Ave.

CONTACT: 416-922-0045, CHAZYORKVILLE.COM

2. Regent Park

Now on Sale: One Park Place, South Tower in downtown east. Buy with five per cent down payment. Check out the presentation centre at 500 Dundas St. E.

CONTACT: 416-955-0559, DANIELSONEPARKPLACE.COM

3. Aurora

Now Previewing: Centro condos on Yonge by Kaitlin in downtown Aurora. New suite designs. Visit the brand new sales office at 300 Wellington St. E., Suite 5.

CONTACT: 905-503-2063, KAITLINCENTRO.COM

4. High Park

Incentive Event: HighPark condominiums is offering cash incentives and one-year free maintenance. So head on over to the presentation centre at 2150 Bloor St. W.

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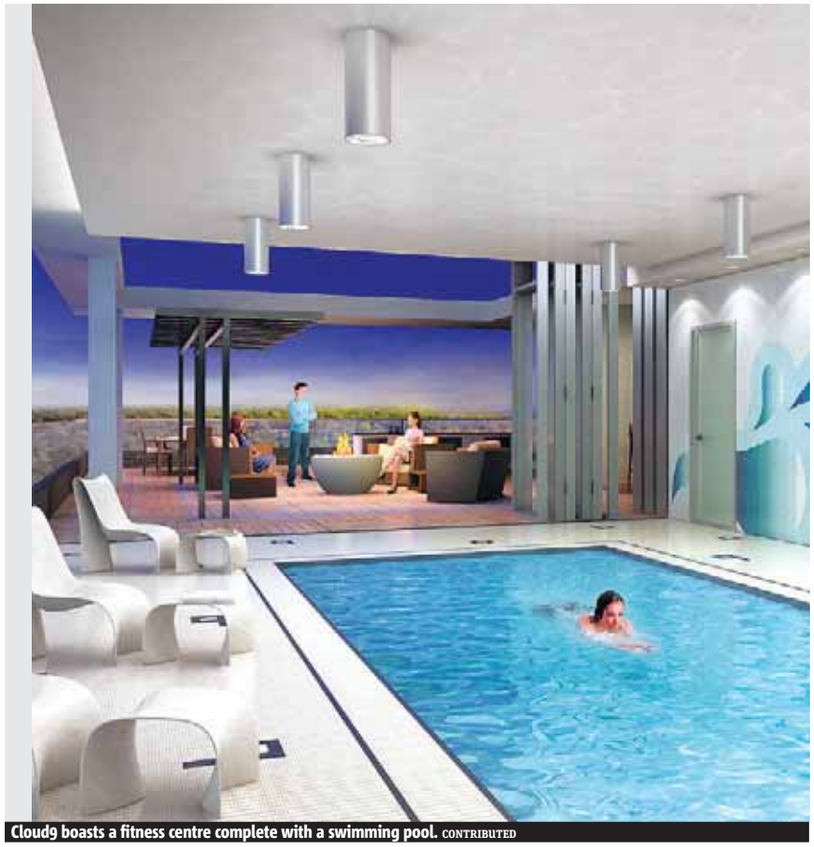

Cloud9 boasts a fitness centre complete with a swimming pool. CONTRIBUTED

Meet the condo

- **What.** Cloud9 condominiums
- **Builder.** Lash Group of Companies
- **Location.** North Etobicoke
- **Website.** cloud9condos.ca
- **Pricing.** Starting at $239,900
- **Building.** A 12-storey tower with 260 suites
- **Sizes.** From 452 to 919 sq. ft.
- **Suites.** One bedroom, one bedroom plus den, two bedroom, two bedroom plus den

The project overview

A European-inspired building in a terrific west-end location, Cloud9 offers high-end finishes inside and sharp contemporary architecture outside. Suites feature large, translucent glass balconies and terraces articulated over a sleek, precast exterior.

Location and transit

You can be in the downtown core quickly with access to the nearby North Etobicoke GO rail station and Kipling TTC bus routes. Motorists will enjoy fast access to highways 400, 407 and 427.

In the neighbourhood

You can shop, dine, or take in a movie at the nearby Woodbine Centre and Albion Centre shopping malls. The project is surrounded by green space along the Humber River and the nearby Humber Valley golf course.

Building amenities

Cloud9 features a fitness centre with a swimming pool and the very latest equipment. There's a party room, a furnished guest suite, al fresco kitchen and a rooftop terrace with outdoor fire pit, barbecues and comfortable seating.

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Murphy beds are back as space savers

Open and shut case. Cabinet-housed hide-a-beds are enjoying a revival

The clients came to interior designer Laura Casey with a space dilemma: They did not want to give up the guest room in their suburban home, yet they needed a place for their child to play.

Casey came up with a solution often used in small urban apartments: A Murphy bed. It takes up less space than a sofa sleeper or futon and — unlike many of those — uses a standard mattress, so guests, including elderly grandparents, have a more comfortable stay.

"They did not want to compromise the quality of the mattress," said Casey, owner of Laura Casey Interiors in Charlotte, N.C.

The Murphy bed, which tucks into cabinetry when not in use, is enjoying new popularity as a stylish space saver in many kinds of homes, not just studio apartments.

"It's an interesting trend," said Chris Fahy, vice-president of The Bedder Way Co. in Indianapolis, which makes Murphy beds and has seen sales rise in recent years. He says many customers are Baby Boomers, empty nesters, and other homeowners who want to turn a bedroom into a hobby room or exercise room but still need a place for grown children, grandchildren or other guests to sleep.

Fahy's Murphy beds range in price from $1,300 to $3,100.

California Closets, which also makes custom wall beds, has seen the same upward trend, said Ginny Snook Scott, vice-president for sales and marketing. Customers still buy Murphy beds for studio apartments and vacation homes, she said, but many others are looking to get more use out of an extra room.

The company designs vertical and horizontal Murphy beds, often incorporating them into cabinetry units for home offices or craft rooms. Prices range from $3,000 for a simple wall bed and desk to $20,000 for a custom project with extensive cabinetry.

Support pieces vary by manufacturer, but generally the mattress is encased in a frame that pulls out from a cabinet adhered to the wall. Today's improved mechanism for lowering and raising the bed makes the process an easy job for one person, Fahy said.

It was the first time Casey ever recommended a Murphy bed to a client.

But she's not the only one to think of a new twist on the Murphy bed. Some manufacturers have designed beds that, like hers, are hidden in a faux wall rather than a cabinet.

Resource Furniture in New York sells a wall bed that flips down over the top of a couch attached to a fake wall, said interior designer Nicole Sassman of Century City, Calif.

"The whole bed comes down over the couch, and it's a proper bed," she said. "It's pretty amazing."

Sassman recently designed a room that she and the client nicknamed the "jackknife room" because it served so many purposes, including guest room, meeting room and home office.

It included a Murphy bed; they're just more versatile and comfortable than sofa beds, she said. THE ASSOCIATED PRESS

Drop-down design

The bed Laura Casey designed for her client does not include a piston or spring mechanism, which most manufacturers use to lower the bed onto the floor.

- Her design, built by a carpenter, does not look like cabinetry. The bed is encased in a faux wall. When not in use, the bed looks like a couch with a shelf over it.
- In order to reveal the bed, the homeowner removes the couch cushions and pulls on the shelf, which causes the faux wall to drop to the floor.

A multifunctional horizontal wall bed and home office combination allows guests to feel comfortable when they visit and provides a workable space throughout the year, with additional wardrobe and large storage for added benefit. CALIFORNIA CLOSETS/THE ASSOCIATED PRESS

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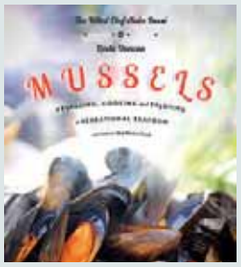

Alain Bossé and Linda Duncan combine their love for mussels in Mussels: Preparing, Cooking and Enjoying a Sensational Seafood. The release features 77 recipes that range from expected dishes such as apps, salads and mains, to pies and cocktails. Enjoy recipes such as Cajun Mussel Soup, Mussels Carbonara, Coconut and Panko Mussels, and more.
METRO

Mussel Potato Cakes with Apple Chutney.

Typically made with cod, this dish combines unlikely flavours for a delightful combination

"Fish cakes are a staple in the Maritime provinces. Traditionally they were made with salt cod, but now that cod stocks have been depleted, other fish are used," write Alain Bossé and Linda Duncan in their book Mussels. "In this recipe, we've replaced the fish with mussels and green tomato chow commonly served with fish cakes with apple chutney."

Ingredients

Apple Chutney
- 2 medium apples
- 1 1/2 tbsp (22.5 ml) butter
- 1/4 cup (60 ml) packed brown sugar
- 1/4 tsp (1 ml) cinnamon

Mussel Potato Cakes
- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) apple juice
- 1 large onion, chopped
- 3 cups (750 ml) cooked mashed potatoes
- 2 tbsp (30 ml) chopped fresh parsley
- 1 1/2 tbsp (22.5 ml) summer savory
- 2 eggs, beaten
- 1/4 cup (60 ml) flour
- 2 tbsp (30 ml) butter

This recipe serves four. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

Apple Chutney

1. Core and dice the apples.

2. In a frying pan, melt the butter over medium heat and add the apple pieces. Bring to a boil, and stir in the brown sugar and cinnamon. Reduce the heat and simmer until the apples are tender, stirring occasionally. Can be served hot or cold.

Mussel Potato Cakes

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the apple juice and mussels. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Let the mussels cool. Remove the mussel meat from the shells and put it in a covered bowl or dish. Reserve half a cup (125 ml) of the broth.

4. Place the onions and mussel broth in a sauté pan and bring to a boil. Reduce the heat to a simmer and cook until the onions are soft and the liquid is reduced by half.

5. Place mashed potatoes, onions, broth, parsley, summer savory, eggs and mussel meat in a large bowl. Gently mix by hand. Form into 3 oz (100 g) cakes; coat lightly with flour.

6. Fry the mussel cakes in butter over medium heat until crisp and golden brown on both sides.

RECIPES FROM MUSSELS (WHITECAP BOOKS) BY ALAIN BOSSÉ AND LINDA DUNCAN

App. Root Beer Mussels

"This fun recipe is very simple and will definitely bring out the child in you.

"It might be a neat way to get the kids to try a new food," write Alain Bossé and Linda Duncan in their book Mussels.

Ingredients

- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) root beer
- 1/4 cup (60 ml) minced shallots

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the mussels, root beer and shallots.Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Spoon the mussels in a large bowl to serve family-style and pour the broth overtop.

4. Serve with crusty bread and potato chips.

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Play Taxi Media, the Canadian based media company with a national ridership of touch screens in taxicabs, asked more than 4,500 riders across the country to finish a series of questions and shares with Metro News their findings.

LOVE:

Thoughts on a riders relationship with their ex demonstrated a strong correlation between men and women feeling that they were much better off without their past lover. In terms of crushes, men and women scored "neck in neck" in noting that most currently do not have a crush but men did score higher when it came to admitting a current crush on a coworker.

LIFESTYLE:

When asked what most riders felt they should change about their current lifestyle, the percentage of men to women who felt they could be a better friend proved equal. The majority of women indicated that they are most keen on going back to school while the bulk of men noted that they felt they needed to slow down on partying. Life also "won't be complete" until the majority of women travel with their male counterparts wanting to finish with more money. Both sexes equally demonstrated the ultimate goal is to get married and start families.

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SPORTS 4

Scan the image with the Metro News app for additional photos from Wimbledon on Wednesday.

Bouchard, Raonic extend Canada Day

Wimbledon. Raonic, Bouchard make history by making semifinals

First there was Canada's Davis Cup semifinal appearance last fall. Next came Eugenie Bouchard's trip to the final four at the Australian Open early this year.

Now Bouchard is getting ready to play in her third straight Grand Slam semifinal at Wimbledon and this time she will be joined there by fellow Canadian Milos Raonic. It's the most significant achievement yet in the country's rise as a tennis power as no two Canadians have ever advanced this far at one major.

Raonic, a 23-year-old from Thornhill, is in uncharted territory at Wimbledon, having reached only the second round at three previous appearances at the All England Club. He beat Australian wild card Nick Kyrgios 6-7 (4), 6-2, 6-4, 7-6 (4) Wednesday.

"I've always wanted to play well here, to change my luck around like this is pretty special. It's another step forward," Raonic said. "My goal is to be the best in the world and this is one of the steps you have to take toward that goal. It's what I dream of — achieving on the big stage."

Thornhill's Milos Raonic celebrates after beating Nick Kyrgios on Wednesday at Wimbledon. BEN CURTIS/THE ASSOCIATED PRESS

Bouchard — whose latest triumph came against Germany's Angelique Kerber by the score 6-3, 6-4 — and Raonic have already advanced farther than any Canadian before them at Wimbledon, since the Open era started in 1968. Both have their work cut out for them in the semifinals.

Raonic has not beaten his semifinal opponent — seven-time Wimbledon champion Roger Federer — in four career matches, including a three-set Federer win at a 2012 grass-court event in Halle, Germany. Their only Grand Slam match-up was at the fourth round of the 2013 Australian Open, where Federer won in straight sets.

Bouchard has less history with her opponent, Romania's Simona Halep, who crushed 2013 Wimbledon finalist Sabine Lisicki 6-4, 6-0 on Wednesday.

"She's a good player and I'm ready for another tough match," Bouchard said of Halep.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

'I was just blown away'

Bouchard has a fan in trailblazer

The only Canadian woman to achieve a world top-10 ranking in tennis is watching Eugenie Bouchard's run at Wimbledon with great interest.

Carling Bassett-Seguso was a world No. 8 almost 30 years ago. Currently 13th, Bouchard is assured of equalling that when the next rankings are released Monday.

"I'm telling you she's going to No. 1," Bassett-Seguso said following Bouchard's quarter-final win over Angelique Kerber on Wednesday.

"I watched that match and I was just blown away."

THE CANADIAN PRESS

Will and Kate

Genie makes room for Royals

Eugenie Bouchard was minutes away from walking out for her quarter-final match when she found herself in the middle of a royal moment: Prince William, second in line to the British throne, was in the house with his wife Kate.

"All these security guards rushed over to us and were like, 'Nobody move. Move your bags to the side. There's some royals coming through.'

"Then suddenly William and Kate walk by to go on Centre Court. I was a little bit in awe."

THE ASSOCIATED PRESS

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Encarnacion's 9th-inning homer gives Jays victory

Big hit. Jays sweep Milwaukee, Encarnacion tied for season's lead in home runs

The Milwaukee Brewers could have intentionally walked Edwin Encarnacion to load the bases with two outs in the bottom of the ninth of a tie game.

Instead they decided to pitch to the Toronto slugger, and he ended the game in walk-off fashion.

Encarnacion turned on a 3-1 slider from Brandon Kintzler for a no-doubt three-run shot that gave the Blue Jays a 7-4 win over the Brewers on Wednesday afternoon.

Edwin Encarnacion gets a wet welcome after hitting a game-winning homer Wednesday
CHRIS YOUNG/THE CANADIAN PRESS

"He hanged (it), I banged it," Encarnacion said.

The win gave Toronto (47-39) a two-game mini-sweep of Milwaukee (51-35) and extended the Blue Jays' lead atop the American League East to 1-1/2 games over Baltimore. The Orioles were scheduled to play the Texas Rangers later Wednesday.

Encarnacion, who's now tied for the major-league lead with 26 homers, raised his arms in the air after finishing his swing. He dropped the bat, clapped his hands a few times and began to trot around the bases as the 24,286 fans at Rogers Centre roared in approval.

"For me it's the best moment you can have," Encarnacion said. "For any player to have a walk-off home run. So everybody (is) happy on the team and we're going to fly a five-hour happy flight today."

THE ASSOCIATED PRESS

New Kidd on the block

Newly named Bucks head coach Jason Kidd Wednesday as he is introduced in Milwaukee. Kidd was hired Tuesday morning by the Milwaukee Bucks, a day after they sent two second-round picks to the Nets as compensation.

JEFFREY PHELPS/THE ASSOCIATED PRESS

Canada goose

Giroux accused of groping cop

The Philadelphia Flyers say they are aware of stories out of Ottawa "surrounding" Claude Giroux, who was reportedly arrested Tuesday night for allegedly grabbing the buttocks of a male police officer. The team says it is not commenting further until they have more information. Police say they don't expect charges to be laid.

THE CANADIAN PRESS

NHL

Preds sign Jokinen

The Nashville Predators have signed veteran centre Olli Jokinen in their latest attempt to boost an offence that has lacked punch in recent seasons.

Jokinen, 35, had 18 goals and 25 assists in 82 games this season for the Winnipeg Jets. He signed a one-year deal worth $2.5 million. THE ASSOCIATED PRESS

World Cup roundup

- **Police in Brazil's biggest city say they used stun grenades and tear gas to disperse thousands of soccer fans raucously celebrating Argentina's 1-0 World Cup victory over Switzerland.** A Sao Paulo police department press officer says the partying by close to 3,000 people - mostly Argentines - began Tuesday afternoon and only ended early Wednesday morning, "when we were called in to disperse the crowd that had gotten too rowdy."

- **France was thrust among the tournament favourites after scoring a combined eight goals against Switzerland and Honduras in the group stage.** Yet, coach Didier Deschamps' inexperienced team perhaps struggled under the weight of lofty expectations. Deschamps counts France as the underdog when they meet Germany Friday. "Don't forget that in the last two competitions, Germany have reached the semifinals so it counts for something," he said, referring to the 2010 World Cup and the European Championship in 2012.

World Cup. Colombia soars, Brazil stumbles

Brazil and Colombia enter the World Cup quarterfinals with totally different mindsets.

Brazil is surrounded by doubts after a more difficult start than expected to the tournament it is hosting. Colombia is upbeat after convincing performances and four straight wins.

While the hosts narrowly beat Chile in a penalty shootout to avoid elimination in the second round, the Colombians had a convincing 2-0 win over Uruguay to reach the quarterfinals for the first time.

The South American rivals play Friday in the northeastern city of Fortaleza, with Brazil hoping to keep alive its quest for a sixth World Cup title and Colombia aiming to extend its best-ever run in football's showcase event.

Despite its tradition and home-field advantage, Brazil is far from a big favourite. An uncomfortable opening win over Croatia, a draw with Mexico and a win over Cameroon in the group stage preceded the tight knockout match against Chile, when Brazil advanced on penalties.

Meanwhile Colombia has won all of its matches without any real difficulty, thanks in part to the tournament's second-best attack with 11 goals, one less than the Netherlands. It also has a strong defence with only two goals conceded. Brazil, meanwhile, has scored eight goals and conceded three.

Brazil has reached the quarterfinals in six consecutive World Cups, but was eliminated at this stage in the last two.

THE ASSOCIATED PRESS

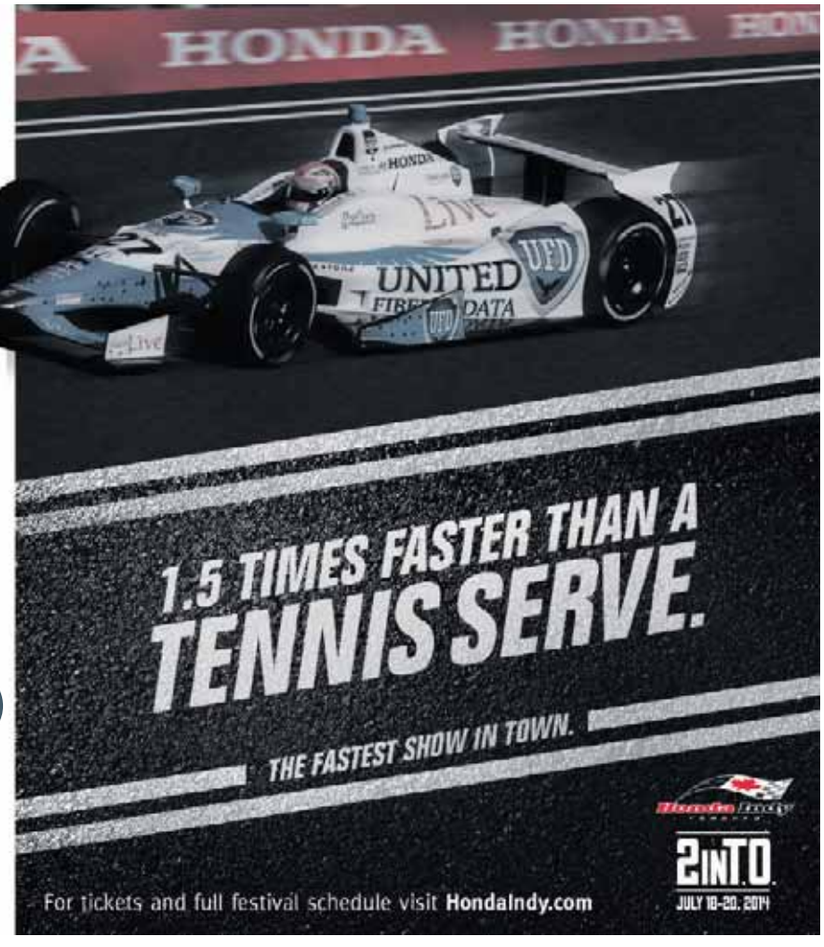
More online

Go to metronews.ca for more World Cup coverage.

Quoted

"Matches are decided on penalties, in the final minutes, on mistakes."

Luiz Felipe Scolari, coach of Brazilian national soccer team on unexpected game results in World Cup 2014



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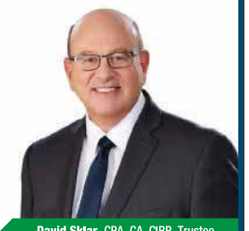
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Horoscopes

♈ Aries
March 21 - April 20
Don't worry too much about details today. Instead, focus on the bigger picture. That applies as much to your personal life as it does to your work. Don't let loved ones pin you down to plans that stifle your creativity.

♉ Taurus
April 21 - May 21
There is no need to be quite so competitive. The planets indicate if you relax, the rewards will be greater than you imagined. And, you won't have wasted time and your energy on senseless rivalries.

♊ Gemini
May 22 - June 21
With Venus moving through your birth sign, you seem to be more mellow than usual and that's good. It's also necessary as something is about to occur that will take you by surprise.

♋ Cancer
June 22 - July 23
Don't expect everything to go according to plan today. It may be that a colleague is jealous of your success and will say things that are designed to undermine you. Don't take them seriously.

♌ Leo
July 24 - Aug. 23
Over the next 24 hours something will make you want to let the world know what a passionate human being you can be. The only danger is you will come on too strong and frighten special someone away.

♍ Virgo
Aug. 24 - Sept. 23
Put chores out of your mind and focus on what makes you feel good about yourself. Think of dreams you had and plans you made and give yourself credit for coming this far.

♎ Libra
Sept. 24 - Oct. 23
Travel and social plans may be disrupted today, so try not to make promises you won't be able to keep. There is no point trying to look too far ahead.

♏ Scorpio
Oct. 24 - Nov. 22
What happens today will bring a chance to make much-needed cash but you are going to have to be less conservative in your money-making ventures. You don't have to gamble but be open to alternative possibilities.

♐ Sagittarius
Nov. 23 - Dec. 21
Break a few rules today. The planets are urging you to do something that stirs things up a bit in your quiet little corner of the world. Rock the boat and see who falls out.

♑ Capricorn
Dec. 22 - Jan. 20
As Venus, planet of harmony, is moving through the area of your chart that governs your wellbeing, take things easy today. That's easy by Capricorn standards — people will still get exhausted just watching you.

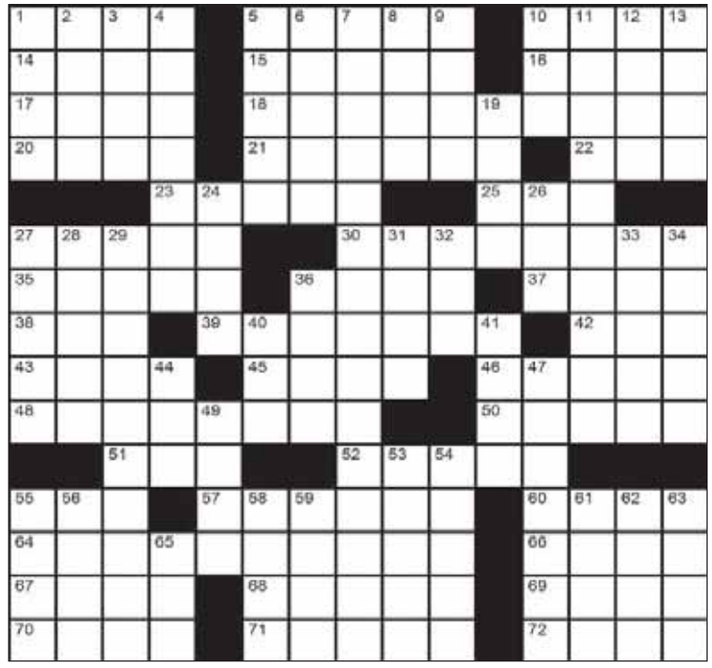
♒ Aquarius
Jan. 21 - Feb. 19
Your passion for a creative project knows no bounds. There is, however, a danger that you could lose touch with reality and allow it to become all-consuming. Don't forget to come up for air, occasionally.

♓ Pisces
Feb. 20 - March 20
Feelings you have been keeping hidden will burst out for the world to see today and, yes, it will be embarrassing. But better to be embarrassed than to go on pretending you don't care. You always care. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

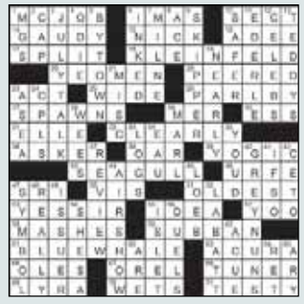
BY KELLY ANN BUCHANAN



Across
1. The Four __ (Canadian singing quartet)
5. Gawk
10. Pinnacle
14. Division
15. Curved
16. "The Maple Leaf Forever" composer: Alexander __ (b.1830 - d.1906)
17. And, e.g.
18. GGFG = Governor General's __ __
20. "On the Loose" is by which Canadian rock band?
21. One who evades
22. Fragment
23. Soil fertilizers
25. Sad ER declaration
27. Streetside 'steeping' spots
30. Casey or Finnegan, e.g.: 2 wds.
35. Provide cheer
36. "Bye!"
37. Fight
38. __ Tin Tin
39. Crop __ (Designs in the wheatfields)
42. French season
43. Requests
45. 1990s kind of party
46. Actress Amy
48. "The Fault in Our Stars" (2014) star Ms. Woodley
50. Bothers
51. Nero's 511
52. Excavation extraction
55. Dined
57. Paltry
60. Canadian songstress, Shakura S'__
64. Gen-Xer's kid, perhaps
66. "Canadian __"
67. Great Lake
68. ___ ($1,000)
69. Film holder
70. Crew __ top
71. Celine's hubby, and namesakes
72. Simple

Down
1. Montreal-born hockey great Mr. Robitaille's
2. Kind of buffalo
3. __-dong! (Doorbell sound)
4. __. __ Village (Winnipeg neighbourhood)
5. More secure
6. Web forum annoyer-er
7. When a musician 'unplugs' he/she is doing a what of their song?: 2 wds.
8. Like a brought-back-to-the-store item [abbr.]
9. The __ (U2 guitarist)
10. Li'l music trophy
11. House's exterior as landscaping, etc. in real estate: 2 wds.
12. 'Noon' in Nice
13. In the past, in verse
19. Language of Pakistan
24. "Hey! Hold on _ __!"
26. Ancient Rome: Harvest goddess
27. Org. that handles the Juno Awards
28. "Witness" (1985) folk
29. "One Nation Under a Groove" band
31. Low-lying area
32. 'P' in literary monogram EAP
33. Celebrated currants-created Cake communication: 2 wds.
34. Hair lock
36. Ocean Spray flavour, __-Raspberry
40. Anger
41. Wrapped garment
44. VI
47. Veronic __ (Canadian impersonator whose repertoire includes Adele and Lady Gaga)
49. Citrus fruit
53. Uplift
54. Mr. Lovett's
55. Church word!
56. Canadian __ 'Money'
58. Bldg. planner
59. Canadian chef Ms. Yarymowich
61. Brain wave
62. John and Jane
63.Friendly nation
65. Currency in Albania

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2			3			1	
			5		6		8	
				7			4	3
6					5	8	9	
	5		9		2		7	
	8	7	6					1
3	9			6				
	1		2		4			
	7			5			6	

Yesterday's Sudoku

8	2	7	6	4	9	1	3	5
1	9	6	8	5	3	7	4	2
5	3	4	7	1	2	6	9	8
4	7	3	2	6	8	9	5	1
6	8	1	4	9	5	2	7	3
9	5	2	3	7	1	4	8	6
3	6	8	9	2	4	5	1	7
2	4	5	1	3	7	8	6	9
7	1	9	5	8	6	3	2	4

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Dealers may charge additional fees for administration of up to $499. Charges may vary by Dealer.

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ‡Cash price of $10,495/$15,995/$19,995/$24,995 available on all remaining new in stock 2014 Accent L 6-speed Manual/Elantra GL 6-speed Manual/Sonata GL Auto/Santa Fe Sport 2.4L FWD models. Prices include Delivery and Destination charges of $1,595/$1,595/$1,695/$1,795, fees, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. †Finance offer available O.A.C. from Hyundai Financial Services based on a new 2014 Elantra Coupe GL 6-speed Manual with an annual finance rate of 0% for 96 months. Bi-weekly payments are $95. $0 down payment required. Cost of borrowing is $0. Finance offers include Delivery and Destination of $1,595, levies and all applicable charges (excluding HST). Finance offers exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $4,685/$4,185/$5,835/$3,735/$7,500 available on in stock 2014 Accent 4-Door L Manual/Elantra GL 6-Speed Manual/Sonata GL Auto/Santa Fe Sport 2.4L FWD/Sonata Hybrid Limited. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2014 Accent 4 Door GLS/2014 Elantra Limited/2014 Sonata Limited/2014 Santa Fe Sport 2.0 Limited AWD are $20,530/$25,380/$33,230/$41,030. Prices include Delivery and Destination charges of $1,595/$1,595/$1,695/$1,795, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ▼Fuel consumption for new 2014 Accent 4-Door L (HWY 5.3L/100KM; City 7.5L/100KM); 2014 Elantra GL Manual (HWY 5.3L/100KM; City 7.6L/100KM); 2014 Sonata GL Auto (HWY 5.8L/100KM; City 8.5L/100KM); 2014 Santa Fe Sport 2.4L FWD (HWY 7.3L/100KM; City 10.2L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. Δ2014 Hyundai Accent Sedan/Elantra Sedan received the lowest number of problems per 100 vehicles in the first 90 days of new-vehicle ownership among small/compact cars in the proprietary J.D. Power 2014 U.S. Initial Quality Study℠ (IQS). Study based on responses from more than 86,000 purchasers and lessees of a new 2014 model-year vehicles surveyed after 90 days of ownership. The study is based on a 233-question battery designed to provide manufacturers with information to facilitate the identification of problems and drive product improvement. Study based on problems that have caused a complete breakdown or malfunction or, where controls or features may work as designed, but are difficult to use or understand. The study was fielded between February 2014 and May 2014. Your experiences may vary. Visit jdpower.com. †‡♦ΩOffers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. The SiriusXM™ name is a registered trademark of SiriusXM Satellite Radio Inc. All other trademarks and trade names are those of their respective owners. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Visit your local Ottawa area Hyundai Dealer

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1945 Petawawa Blvd.
Pembroke, 613-735-5636

Myers Kanata Hyundai
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Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

Harmony Hyundai
293 Pigeon St.
Rockland, 613-446-2220

Surgenor Hyundai
895 St. Laurent Blvd.
Ottawa, 613-741-1800